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BPC
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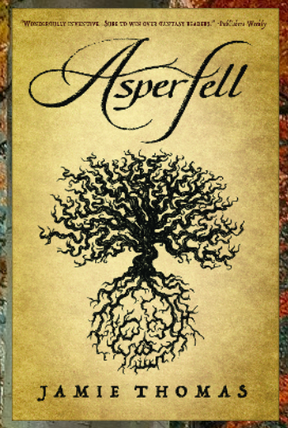
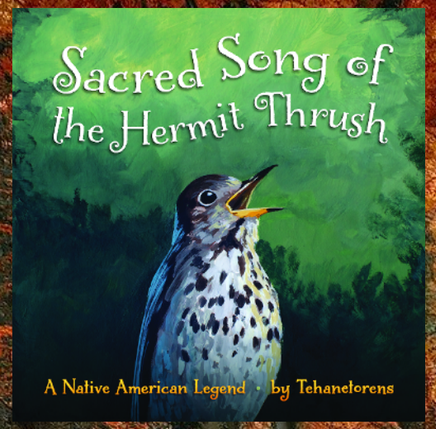
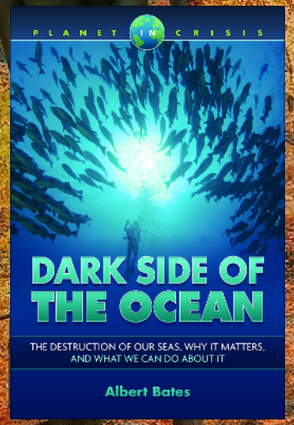
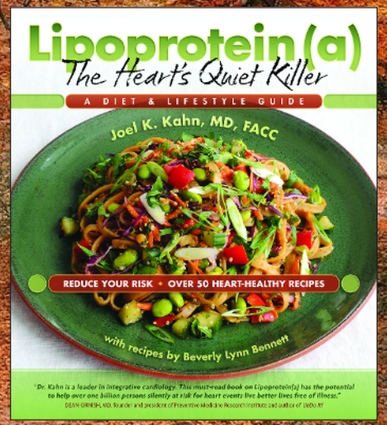
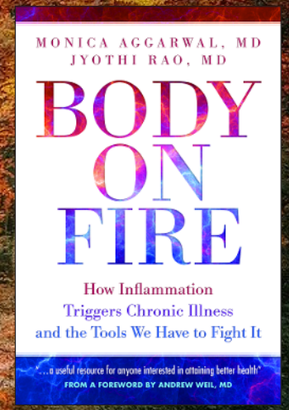
2020 Fall











Healthy Living ❖ GroundSwell
Uproar Books ❖ Norwalk Press
Native Voices ❖ 7th Generation

Printed in Canada

BPC
2020 Fall Catalog

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Since 1974—books that educate, inspire, and empower

Book Publishing Company (BPC) is owned by The Farm, an intentional community in Summertown, Tennessee. Since our inception, we have been dedicated to creating a more ecologically and socially conscious society by adopting healthy lifestyles, supporting the beliefs of traditional cultures, and championing empowerment.

With the dawn of a new decade, we're broadening the scope of books we publish to support more of our social concerns and are adopting a new name to celebrate that change: **BPC**. We'll continue publishing in areas we have always cared deeply about, but in a new collaboration, we're partnering with authors of fantasy and science fiction titles to present novel ways of exploring moral dilemmas, with themes that are dynamically related to the problems all generations face.

Since the 1970s, BPC authors have been pioneers in vegan cooking and nutrition, and our imprints **Healthy Living**, **Books Alive**, **Norwalk Press**, and **Ehret Literature** offer both contemporary and legacy natural wellness solutions.

Native Voices pays homage to Native Americans and the indigenous people of Canada—from their culture and arts and crafts to indigenous rights. **7th Generation** publishes the PathFinders collection of hi-lo novels for young adults and the Native Trailblazer series of themed biographies of accomplished individuals from these communities.

GroundSwell Books focuses on creating a sustainable planet through alternative living, viable technologies, and gardening. Our **Planet in Crisis** imprint presents solution-based calls to action, while the companion series for middle-school kids, **Planetary Solutions**, helps young people understand, solve, and challenge the environmental problems that put the earth at risk.

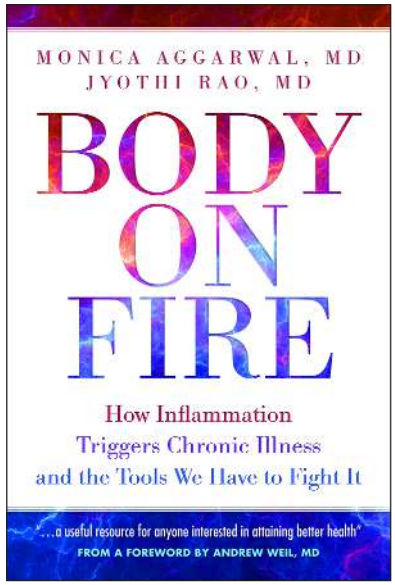
Our books are printed on stock certified by the Forest Stewardship Council.

Body on Fire

How Inflammation Triggers Chronic Illness and the Tools We Have to Fight It

Monica Aggarwal, MD, and Jyothi Rao, MD

Foreword by Andrew Weil, MD



AVAILABLE SEPTEMBER
$21.95 / 978-1-57067-392-4
288 pages / 6 x 9 / paper

9 781570 673924

Numerous lifestyle factors can lead to inflammation, which in turn can trigger a number of illnesses. Two physicians draw on their personal and professional experiences and present an in-depth evaluation of the impact inflammation has on chronic disease, along with a revolutionary approach for restoring balance.

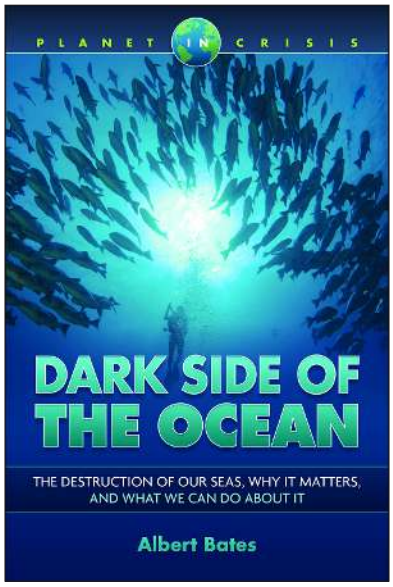
Monica Aggarwal and Jyothi Rao help readers take an honest assessment of their energy, lifestyle, dietary habits, and mental state and provide a series of interventions for reclaiming health. In-depth explanations of the dangers of stress and the benefits of microbiomes on not only digestive health but also general well-being show how common dietary and lifestyle changes can make a dynamic difference. The authors also bring a broader understanding of how our bodies work and what they require to be healthy. The specific plant-based foods that reduce harmful inflammation and nurture healthy digestive organisms are identified.

Further guidance is provided on quality sleep—especially in today's digital age—adequate hydration, mind-body techniques to recharge and activate our bodies, the role of exercise, and the benefits of intermittent fasting. Each chapter includes recommendations and action steps.

"[The authors] define in depth the essential components of nutrition, the microbiome, hydration, mental tranquility, sleep, exercise and more. This book will guide you past each pivot point towards enduring wellness."

—Caldwell B. Esselstyn, Jr., MD, author of the *New York Times* best-seller *Prevent and Reverse Heart Disease*

MONICA AGGARWAL, MD, is board certified in cardiology, echocardiography, and nuclear cardiology. She is focused on educating people about the importance of plant-based nutrition and its benefits in treating and potentially reversing chronic illness. **JYOTHI RAO, MD,** has worked in clinical practice since 1997. She is board certified in internal medicine as well as anti-aging and regenerative medicine. She is the medical director of Shakthi Health and Wellness Center in Maryland.



Dark Side of the Ocean

The Destruction of Our Seas, Why It Matters, and What We Can Do about It

Albert Bates

Our oceans face levels of devastation previously unknown in human history—from pollution, from overfishing, and through damage to delicate aquatic ecosystems affected by global warming. Ocean biodiversity is being decimated on par with the fastest rates of rain forest destruction. More than 80 percent of pollutants in the oceans come from sewage and other land-based runoff (some of it radioactive). The rest is created by waste dumped by commercial and recreational vessels. In many areas and for many fish stocks, there are no conservation or management measures existing or even planned.

Climate author Albert Bates explains how ocean life maintains adequate oxygen levels, prevents erosion from storms, and sustains a vital food source that factory-fishing operations cannot match—and why that should matter to all of us, whether we live near the ocean or not. He presents solutions for changing the human impact on marine reserves, improving ocean permaculture, and putting the brakes on the ocean heat waves that destroy sea life and imperil human habitation at the ocean's edge.

AVAILABLE SEPTEMBER
$12.95 / 978-1-57067-394-8
144 pages / 6 x 9 / paper

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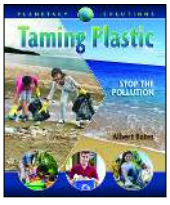
ALSO BY ALBERT BATES



Taming Plastic
$18.95
978-1-93905-324-4

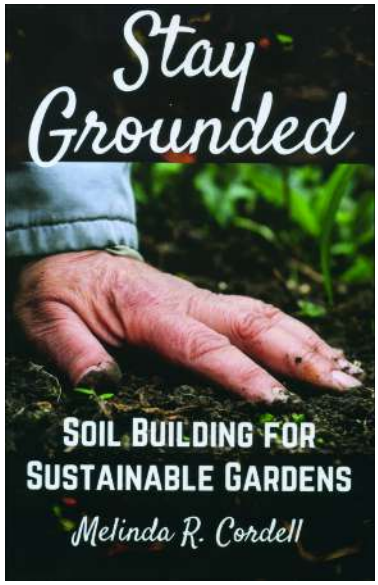
Transforming Plastic
$12.95
978-1-57067-371-9

ALBERT BATES is a lawyer, permaculturist, and teacher as well as an influential figure in the intentional community and ecovillage movements. He has written 20 previous books, including *Transforming Plastic* (2019), *Carbon Cascades* (2019), *The Paris Agreement* (2015), and *The Biochar Solution* (2010). *Climate in Crisis* (1990), with a foreword by Al Gore, is one of the first books written on global warming.

Stay Grounded

Soil Building for Sustainable Gardens

Melinda R. Cordell



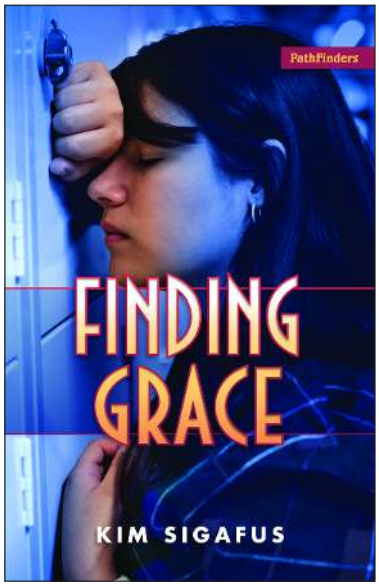
When you start thinking of soil as a living organism that has to be fed, your whole view of gardening changes. But keep in mind that soil building is not a one-time operation—it's a process. Learn the tricks of the trade from a longtime horticultural expert who explains that the key to well-fed and happy plants lies in constantly replacing the humus, or the organic material, that is essential for releasing nutrients in a form that's easily absorbed by plant roots.

Chemical fertilizers will not add humus to the soil. These are merely nutritional supplements; plants and their soil need real food. There are numerous ways that soil fertility can be increased with a minimum of effort, and without needing to purchase a lot of items.

From earthworms, green manures, and cover crops to mulching, composting, and no-till gardening, you'll find wise advice in an easy-to-understand style with a good dose of humor. Along with a list of 60 weird things you didn't realize you could compost is a section on organic soil amendments. This treasure trove of gardening knowledge will make your soil-building experience as easy as possible.

AVAILABLE SEPTEMBER
$18.95 / 978-1-57067-395-5
128 pages / 6 x 9 / paper

MELINDA R. CORDELL has had 20+ years of experience as a municipal horticulturist, rose garden potentate, landscape designer, and greenhouse manager. A longtime garden writer with 11 books in the Easy-Growing Gardening series, her other writing interest is young adult novels. She lives in northwest Missouri with her husband and two kids.



PathFinders

Finding Grace

Kim Sigafus

Autumn Dawn has learned to deal with her dyslexia and her life is starting to look better, but a horrible accident threatens to change everything. When her mother and brother are crossing a street, they are accidentally hit by a car. Autumn's little brother is okay, but her mother ends up in intensive care. Autumn's father, who had walked away from his family a while ago, leaving them to fend for themselves, is now back in their lives and trying to make amends. When Autumn's mom is released from the hospital, she still needs help, so Autumn's dad moves back home.

Can Autumn ever forgive her father for leaving his family in the first place, or will she continue to be angry and resentful? Is it possible to trust any male, including her devoted boyfriend?

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120 pages / 4½ x 7 / paper
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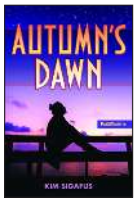

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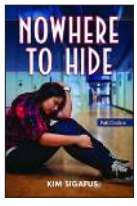

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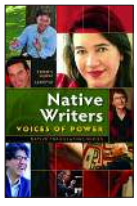

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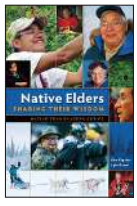


Native Elders: Sharing Their Wisdom
SEE PAGE 37
978-0-9779183-6-2

KIM SIGAFUS is an award-winning Ojibwa writer and Illinois Humanities Road Scholar speaker. She has coauthored two 7th Generation books in the Native Trailblazers series of biographies, including the award-winning *Native Writers: Voices of Power*. Kim's family is from the White Earth Indian Reservation in northern Minnesota. She resides with her husband in Freeport, Illinois. **kimberlysigafus.com**

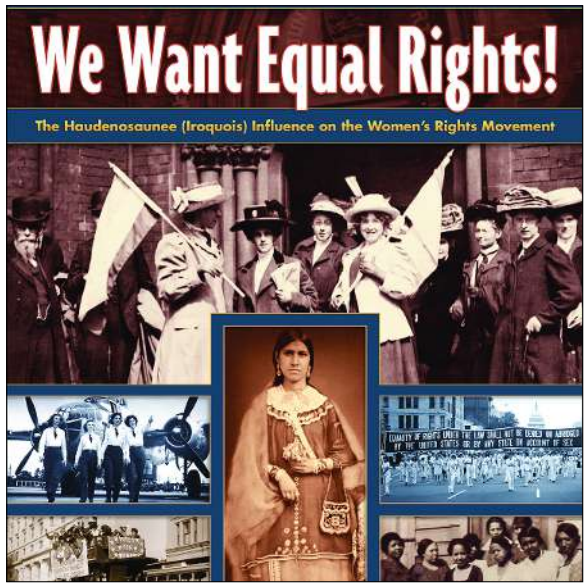
We Want Equal Rights!

The Haudenosaunee (Iroquois) Influence on the Women's Rights Movement

Sally Roesch Wagner

We Want Equal Rights! is the story of remarkable women who laid the foundation for the modern women's movement and the American Indian nation that proved equality was possible. In 1850, these brave women challenged a culture that believed they were inferior to men. How did they envision such a world? They looked to their neighbors the Haudenosaunee (Iroquois) and saw how women were held in high regard, with even greater rights than men.

At that time in the United States, a woman was considered subservient to her husband, who gained all his wife's wealth upon marriage. Women had no claim to their children and were considered runaway slaves if they left an abusive man. In contrast, Haudenosaunee society provided a shining example of what is possible when women are treated with respect. Read how early activists forged a path to women's equal rights using the ideals of their Indian neighbors.



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Ages: 12 to 16

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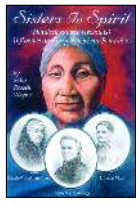
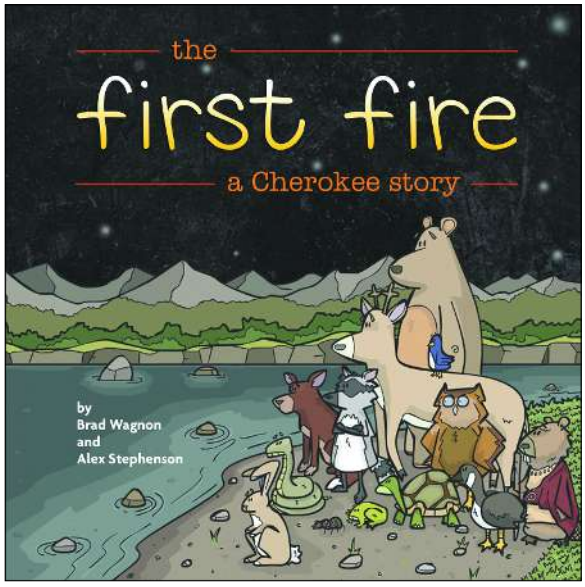
ALSO BY SALLY ROESCH WAGNER



Sisters in Spirit
$16.95
978-1-57067-121-0

Feminist pioneer **SALLY ROESCH WAGNER, PhD,** is a nationally recognized lecturer, author, and storyteller of the history of women's rights. A founder of one of the country's first college women's studies programs (California State University, Sacramento), Dr. Wagner has taught women's history for 48 years. She currently serves as adjunct faculty in the University Honors Program at Syracuse University and St. John Fisher's Executive Leadership Program. **sallyroeschwagner.com**



AVAILABLE SEPTEMBER
$18.95 / 978-1-939053-27-5
32 pages / 8½ x 8½ / paper / full color
Ages: 4 to 7

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The First Fire

A Cherokee Story

Story by Bradley Wagnon
Illustrated by Alex Stephenson

The First Fire: A Cherokee Story takes place during a time when animals could do many of the things that people do. The Creator gave the animals the world to live in, but they were without a source of heat at night. Great Thunder and his sons saw the plight of the animals, so he sent lightning down to strike a tree. The tree burst into flames, but because it was on an island, there was no way for the animals to easily get to the tree.

Many animals tried to bring the fire over the water to the shore, but they were all unsuccessful. One small creature, the Water Spider, then volunteered. Curious, the animals said to her, "We know you could get there safely, but how would you bring the fire back without getting burned?" Water Spider was successful and, to this day, is revered in Cherokee culture.

BRADLEY WAGNON is a lifelong resident of Gideon, Oklahoma, and a citizen of the Cherokee Nation. He taught Cherokee history, culture, and language at Tahlequah High School for ten years and has worked for Cherokee Nation Community and Cultural Outreach since 2015. He lives in Gideon, with his wife, Tanya, and next door to his mom, Judy.

ALEX STEPHENSON is a therapist, author, and artist from Tahlequah, Oklahoma. He has worked as a licensed professional counselor for the last decade and has served as a therapist for the Cherokee Nation since 2014. Alex has written and illustrated books on friendship, acceptance, anxiety, and treating others compassionately. He lives with his wife, Shelly, and his two children, Jaxon and Jade.

Sacred Song of the Hermit Thrush

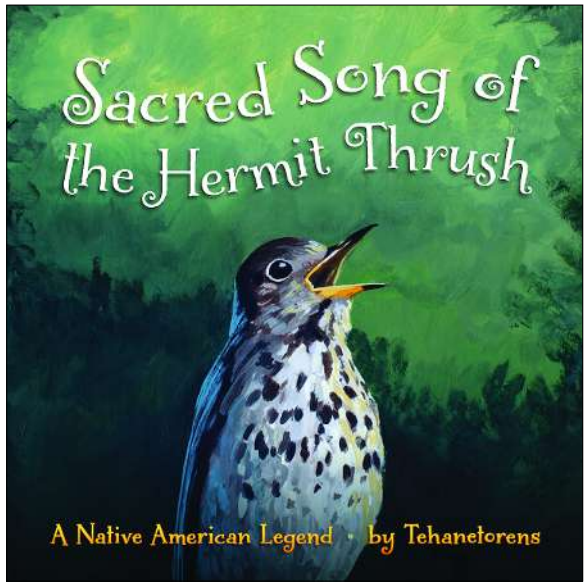
A Native American Legend

Tehanetorens

Illustrated by David Fadden

Long ago, when the Birds had no songs, only Man could sing. When the Good Spirit walked the Earth, he noticed a great silence. He realized the Birds had no songs. He devised a great game and told the Birds that whichever one could fly the highest would receive a very beautiful song. But not all the Birds were honest. In his desire to win the game, the small Hermit Thrush jumped on the back of the great Eagle. The Eagle flew higher than any of the Birds, but when he came back to land, the Good Spirit said the Hermit Thrush had gone the highest, since he was on Eagle's back.

Hermit Thrush was awarded a beautiful song, but in his shame for not being honest, he flew into the deep woods. To this day, you may hear the lovely song of the Hermit Thrush, but you may not ever see him.



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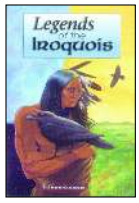
$18.95 / 978-1-939053-26-8
40 pages / 8½ x 8½ / paper / full color
Ages: 4 to 7

ALSO BY TEHANETORENS



Legends of the Iroquois
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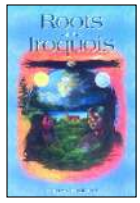


Roots of the Iroquois
$16.95
978-1-57067-097-8

Wampum Belts of the Iroquois
$12.95
978-1-57067-082-4

RAY FADDEN (Tehanetorens) was a teacher and influential figure among the Mohawks of Akwesasne. The Mohawk Nation adopted him into the Mohawk Wolf Clan and gave him the name Tehanetorens. In 1938, Ray became one of the first teachers at the St. Regis Mohawk School in Hogansburg, New York, and in the summer of 1954, he opened the Six Nations Indian Museum in Onchiota to provide information about the amazing heritage of the Haudenosaunee people.

DAVID KANIETAKERON FADDEN is an Akwesasne Mohawk artist who was born in Lake Placid, New York, and grew up in Onchiota. David comes from a family of artists, who encouraged him to paint and be creative. His grandfather did beadwork; his father is a painter; and his mother is a wood-carver, potter, and bead artist. This positive encouragement led David to paint throughout his life.

Native American Night Before Christmas

Adapted & Written by Gary Robinson
Illustrated by Jesse T. Hummingbird

An innovative retelling of the classic Christmas tale, this full-color book takes a whimsical look at what Christmas Eve might be like for an American Indian family when Old Red Shirt (the Indian Santa Claus) comes a-calling with his team of flying white buffalo to deliver fry bread, commodities, and other goodies. Renowned Cherokee artist Jesse Hummingbird's inspired illustrations transform the author's playful adaptation into a fresh and modern work of art. A delight for people of all ages and cultures, especially those interested in Native customs and art. Winner of the 2010 Moonbeam Award for Holiday Books.

AVAILABLE SEPTEMBER
$18.95 / 978-1-939053-30-5
40 pages / 8¼ x 12¼ / hardcover
Ages: 5 to 8
Grade: K to 3

9 781939 053305

GARY ROBINSON (Choctaw/Cherokee descent), an award-winning writer and filmmaker, has participated in the production of dozens of Native American educational, informational, and documentary television projects. He is the author of 16 books, including 7 PathFinders teen novels. **tribaleyeproductions.com**

JESSE T. HUMMINGBIRD is a Cherokee artist who has won awards for his paintings at major shows across the country. In 2017, he was selected by the Cherokee Nation as a Cherokee National Living Treasure. **jessethummingbird.com**

DAR & Earth: Revelations

Athena M. Kaiman

DAR & Earth: Revelations continues the story of Aelish and Isabela, while illuminating the truth about climate change, which is accelerating at an unprecedented pace.

Faced with an extraordinary circumstance, Aelish must make a decision that will change her and Thagar's lives forever. Isabela discovers something equally life-altering, propelling her into the scientific world.

As Isabela's mother braves through her experimental cancer treatments, she develops new symptoms, unrelated to her cancer, along with over a million people worldwide. Isabela suspects a burgeoning pandemic is looming.

Record-breaking temperatures, wildfires, melting ice, and flooding bring the Earth to irreversible tipping points. Yet Humans continue to deny the truth about climate change, despite the multitude of plainly visible, ominous warning signs.

Desperate to understand the complacency of the Humans, Aelish delves into the dangerous world of evil magic to determine whether evil forces are at play, propelling Humanity toward extinction. What she discovers will change the fate of DAR & Earth forever.

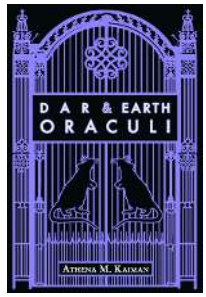
AVAILABLE SEPTEMBER
$17.95 / 978-1-733982-81-8
450 pages / 5½ x 8½ / paper
Athena Publications

ATHENA M. KAIMAN worked in politics, first as a grassroots organizer and ultimately as a press secretary and speechwriter. Her firsthand experience in the male-dominated world of politics and government inspired this series. She resides in Nashville, Tennessee, and Miami, Florida, with her husband and two research assistants, rescue pups Carly and Nash.

RECENT

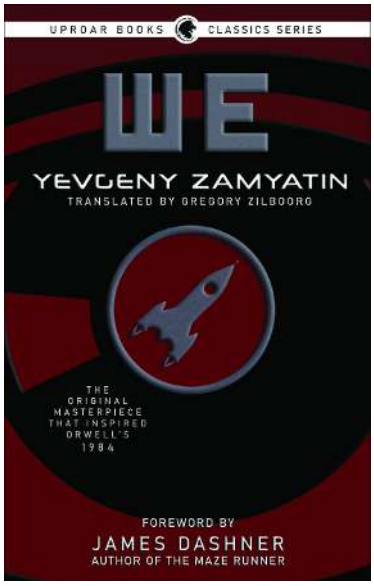
DAR & Earth: ORACULI

Athena M. Kaiman



DAR & Earth: Oraculi begins the journey of Aelish, from medieval times and the devastation of the plague to the present-day threat of humanity's extinction from anthropogenic climate change. Serving as Oraculi (Mentor) to Isabela, a twelve-year-old girl of Mexican descent with an exceptional scientific aptitude, Aelish shows Isabela how politics, religion, science, and patriarchal ideology collide in both worlds.

$16.95 / 978-1-7339828-0-1 / 350 pages / 5½ x 8½ / paper / Athena Publications



AVAILABLE SEPTEMBER
$11.95 / 978-1-949671-09-4
250 pages / 5½ x 8½ / paper
Uproar Books

WE

Science Fiction's Greatest Influencers (Book 1)

Yevgeny Zamyatin

- New foreword by James Dashner, author of *The Maze Runner*
- This Russian science-fiction masterpiece from 1921 was the inspiration for George Orwell's *1984*.
- This was the first book banned by the Soviet Union.

One thousand years in the future, the perfect totalitarian state has stripped humanity of any desire for individuality, privacy, or control over their own lives. Or almost. When a government scientist becomes enamored with a sultry revolutionary, his eyes are opened to the horrors of his own unthinking, unfeeling existence in total subservience to the state.

But when he enlists in her plot to overthrow the government and its all-seeing figurehead, the Well-Doer, he'll soon discover there is no escape, and freedom is an irretrievable relic of an all-but-forgotten past.

"The best single work of science fiction yet written." —Ursula K. Le Guin

"The dystopian novel most relevant to our time." —*The Week*

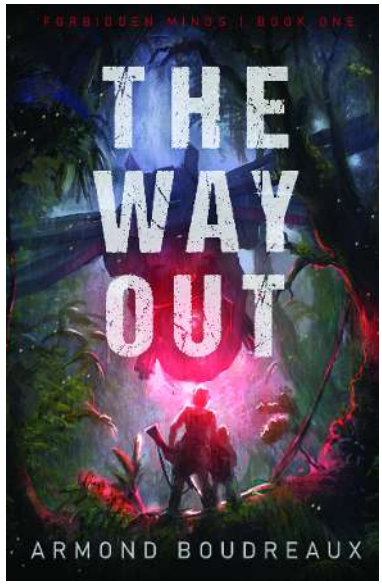
"Left an indelible watermark on 20th-century culture." —*Publishers Weekly*

A naval engineer by trade, **YEVGENY ZAMYATIN** was imprisoned in Siberia and then exiled from czarist Russia for revolutionary activities, only to return after the Communist Revolution and be imprisoned again in the same Siberian prison for authoring *WE* and repeatedly smuggling it to foreign publishers. He appealed directly to Stalin for permission to flee the Soviet Union, which was granted in 1931, and he died six years later in poverty in Paris.

The Way Out

Forbidden Minds (Book 1)

Armond Boudreaux



- This sci-fi thriller with sharp political overtones is as eerie as *The Handmaid's Tale*.

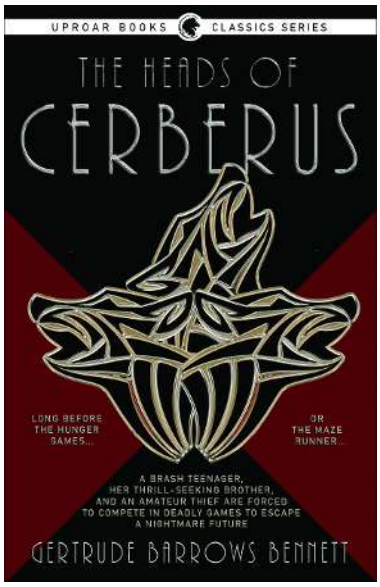
After a virus creates a pandemic of miscarriages and deformities, governments around the world rush to mandate the use of artificial wombs for all human reproduction. Reporter Jessica Brantley has made many enemies covering both sides of the controversial new laws. And now she's discovered a truth no one ever suspected—the U.S. government is covering up the existence of telepathic children and using its control over human reproduction to eliminate them in the womb.

The truth is no secret to former U.S. marine Valerie Hara. Her illegally born eleven-year-old son can not only read thoughts but can also control the minds of others. When government agents storm her home to take her child away, she'll stop at nothing to protect her family. Soon, these two fierce and fearless women find themselves on the same side of a desperate fight against their own government. The freedom of the human race hangs in the balance.

AVAILABLE SEPTEMBER
$16.95 / 978-1-949671-08-7
304 pages / 5½ x 8½ / paper
Uproar Books

9 781949 671087

ARMOND BOUDREAUX, a humanities professor at East Georgia State College, draws inspiration from Southern literary giants such as Flannery O'Connor and William Faulkner, but with the heavy influence of epic, action-packed authors ranging from George R.R. Martin to Homer. He also writes nonfiction about the ethics and politics of superheroes, including coauthoring the book *Titans: How Superheroes Can Help Us Make Sense of a Polarized World* (Cascade Books, 2017). Born in Alabama, Boudreaux now lives in Statesboro, Georgia, with his wife and five children.



AVAILABLE SEPTEMBER
$11.95 / 978-1-949671-11-7
250 pages / 5½ x 8½ / paper
Uproar Books

The Heads of Cerberus

Science Fiction's Greatest Influencers (Book 2)

Gertrude Barrows Bennett

- Long before *The Hunger Games*, this 1919 sci-fi classic explored a post-apocalyptic future where teenagers are forced to compete in a series of deadly competitions.
- Originally serialized by the pulp magazine *The Thrill Book* in 1919, *The Heads of Cerberus* is often cited among the first-ever examples of dystopian science fiction and was an influential forerunner of the novels of Philip K. Dick and H. P. Lovecraft.

In this often-overlooked science-fiction classic, seventeen-year-old Viola follows her adventurous brother Terry and young lawyer-turned-thief Bobby through a shadowy hell dimension and into a nightmarish future America.

In the year 2118, in the city-state of Philadelphia, the poor must compete in a series of hopelessly rigged games if they hope to escape a life of abject servitude and join the ruling class. The losers are publicly executed. Viola, Terry, and Bobby have no choice but to join the games in order to find their way back home to the past.

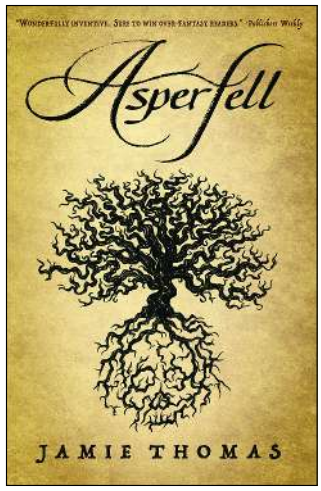
"Deeply resonant for those concerned by present-day politics." —*Publishers Weekly*

"A fast-paced, imaginative yarn." —*Kirkus Reviews*

GERTRUDE BARROWS BENNETT was a Philadelphia stenographer who was widowed at the age of 26. She began writing novels and short stories under the name Francis Stevens in 1917 to support her young daughter and disabled mother. Her true identity did not become public until four years after her death in 1948.

Asperfell

Jamie Thomas

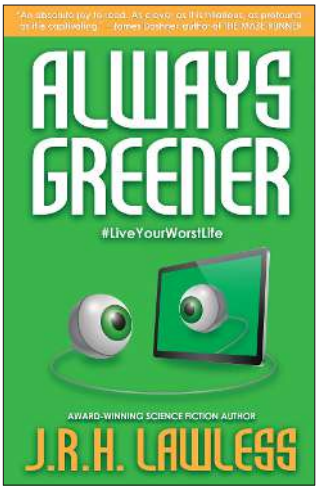


At twenty years of age, Briony is arrested and sentenced to death for a magic she never knew she possessed. She escapes through a magical gate to the ancient fortress of Asperfell, now a prison for the most dangerous Mages. No one has ever escaped. Trapped among the hopeless, violent, and deranged, Briony discovers the roots of the king's madness lie buried in Asperfell's past. And to find a way home, she'll first need to rescue the true heir to the throne.

"The wonderfully inventive first installment in Thomas's debut trilogy winningly combines the comedy of manners found in Regency romances with the high spirits of magical school adventure fantasies."

—*Publishers Weekly* (December 2019)

$18.50 / 978-1-949671-06-3
430 pages / 5½ x 8½ / paper
Uproar Books / Avail. Sept. 2020



Always Greener

J.R.H. Lawless

In the year 2072, new technology allows the television to be broadcast straight into—and out of—the human eye. When a reality show offers a lifetime of lazy luxury to the one person living the world's worst life, everyone is out to prove just how bad they've got it.

"Both a sharp rebuke of where humanity is and a dire warning about where we may be headed, *Always Greener* is a stinging science fiction satire that takes the downsides of modern living to their hilarious and horrifying conclusion."

—Eileen Gonzalez, *Foreword Reviews* (January/February 2020)

$16.95 / 978-1-949671-04-9
292 pages / 5½ x 8½ / paper
Uproar Books / Avail. Sept. 2020

Wild Sun

Ehsan Ahmad and Shakil Ahmad

An old-school sci-fi epic in the vein of Frank Herbert and Ursula K. Le Guin, this is the deeply personal journey of two native slaves who are thrust into the role of revolutionaries against the soldiers of the interstellar empire that conquered their unadvanced world.

$16.95 / 978-1-949671-00-1 / 322 pages / 5¼ x 8 / paper / Uproar Books / Avail. Sept. 2020

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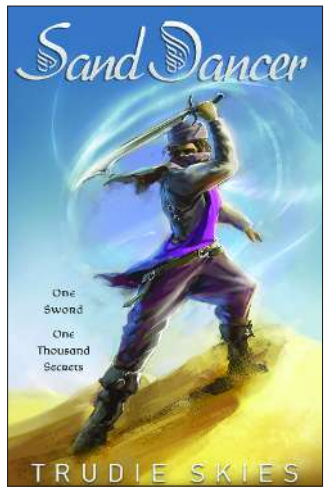
Brothers **EHSAN** and **SHAKIL AHMAD** grew up in New York City as the first-generation American children of immigrants from Pakistan. After going their separate ways for many years, they returned to the city of their birth where they now continuously collaborate on screenplays and novels.

Sand Dancer

Trudie Skies



When sixteen-year-old Mina discovers fire magic runs in her family's blood, it's just the beginning of the secrets her father has been keeping from her. When her father is murdered, this half-starved peasant girl finds herself on the run—pursued across the desert by the soldiers and guards of the noble Houses. To survive, she knows she'll have to abandon her past and learn the way of the sword. But only boys are allowed to carry a blade. There's only one solution. Disguised as a young nobleman, Mina must make a new life for herself in the heart of her enemies. But she knows she can't keep up the masquerade forever. With time running out, which will she choose to find—the truth or revenge?

$16.95 / 978-1-949671-02-5 / 397 pages / 5¼ x 8 / paper / Uproar Books / Avail. Sept. 2020

9 781949 671025

TRUDIE SKIES was born in Nottingham—Robin Hood country, she says—and now lives in North East England, where she spends the majority of her free time imagining warmer climates and writing about them. Trudie grew up on Tamora Pierce and has always wanted to be a swashbuckling knight with her own medieval castle.

Lipoprotein(a), the Heart's Quiet Killer

A Diet & Lifestyle Guide

Joel K. Kahn, MD

Recipes by Beverly Lynn Bennett

It's estimated that one out of every five people worldwide has elevated levels of a type of cholesterol called lipoprotein(a). A high lipoprotein(a) level increases the risk for cardiovascular disease, including blocked arteries, blood clots, and stroke.

Cardiologist Joel Kahn sounds the alarm and brings awareness of this silent risk factor to light, providing vital information for those in need so they can safeguard their health. He also shares research that shows plant-based diets in general provide the best defense against cardiovascular disease.

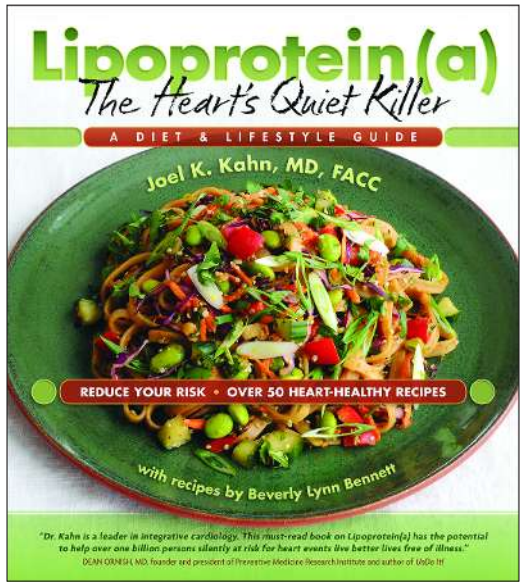
Established plant-based cookbook author Beverly Lynn Bennett provides dozens of oil-free recipes that feature foods rich in the nutrients found to be the most protective for heart health.

"Dr. Kahn is a leader in integrative cardiology. This is a must-read book on Lipoprotein(a)."

—Dean Ornish, MD, founder and president of Preventive Medicine Research Institute

JOEL K. KAHN, MD, a clinical professor of medicine at Wayne State University School of Medicine, founded the Kahn Center for Cardiac Longevity and owns GreenSpace & Go in Royal Oak, Michigan. **drjoelkahn.com**

BEVERLY LYNN BENNETT is a seasoned vegan chef and baker, who is the author of more than a dozen plant-based cookbooks.



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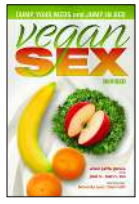
ALSO BY JOEL K. KAHN, MD



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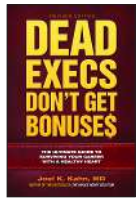

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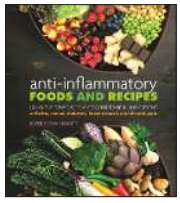

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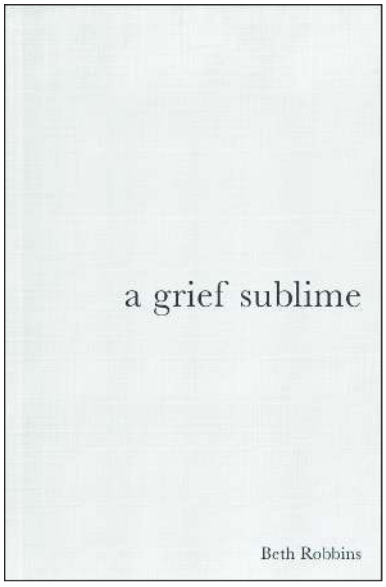
978-1-55312-052-0



AVAILABLE SEPTEMBER
$25.95 / 978-1-7340899-0-5
304 pages / 5½ x 8½ / paper
Keats & Company Publishers

A Grief Sublime

Beth Robbins

A Grief Sublime by Beth Robbins is a work of creative nonfiction that begins with the moment Robbins is informed of her husband's sudden death in a car accident. The book moves in a fragmented way, from the aftermath of devastation to Robbins's childhood near Long Beach, New York, to moments in her marriage to Steve "Sproutman" Meyerowitz, to the lived experience of grief. Her navigation of grief becomes a hero's journey and ultimately leads to rediscovery.

Distinguishing Robbins's book is her lyrical style which brings readers into the direct and immediate experience of deep tragedy as well as literature. Robbins enters into conversation with Keats and Whitman, Melville and Dickinson, discovering, through these writers, that grief has amplified life's spectrum, welcoming her into the realm of literature where imagination meets experience in new and profound ways.

"The fragmentation, or, perhaps better said, the shattering of my world led me to look for conversation, reconnection, dialogue," says Robbins. "My poets, as I began to call them, offered me solace. They spoke to meaning and purpose. Somehow Steve's death allowed me to (re)discover my strength."

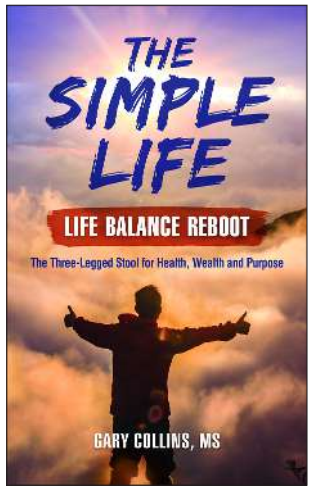
Written in a lyrical and narrative style, this heartbreaking story is ultimately hopeful and transcendent, transforming despair into a new experience of life and a recognition of the love that remains after death.

BETH ROBBINS is a writer, teacher, director, and editor. She has been a high school English and drama teacher at the Berkshire Waldorf High School for the last fifteen years. Robbins has developed curriculum around the Romantics and transcendentalists, but Keats and the Romantic poets have always been favorites. After the sudden, tragic death of her husband, she entered into Keats's poetry and the notion of liminality in a life-changing way. Her personal essay "Fragments in Liminality: A Lover's Discourse," from 2017, was expanded into the book *A Grief Sublime*.

The Simple Life – Life Balance Reboot

The Three-legged Stool for Health, Wealth and Purpose

Gary Collins



Are you struggling to find your direction in life? Do you believe there has to be a better way? Why is it so hard to stay healthy, be financially independent, and to live your life's purpose? If you've read a lot of self-help books but still feel lost on this question, you're not alone. In this short, user-friendly guide, best-selling author Gary Collins pulls back the curtain on the subtle deceptions lurking in most self-help books. Most importantly, he reveals the no-nonsense truth about life balance, why it's so hard for so many of us, and how to start living the life you want in the next 90 days.

$9.95 / 978-1-57067-393-1 / 64 pages / 5 x 8 / paper / avail. Sept.

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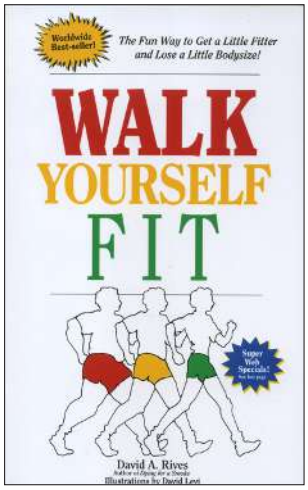
Author and digital nomad **GARY COLLINS** has thrived since walking away from a stable, unfulfilling job to build a joyful, debt-free, and off-the-grid lifestyle. His Simple Life series of guides (see page 20) provides time-tested steps to create your new definition of success. **thesimplelifenow.com**

"This is by far one of the most inspiring books on walking we've offered. Guaranteed to motivate anyone who picks it up!"

—Sharon Faelten, Editorial Director, *Prevention* Magazine Book Club



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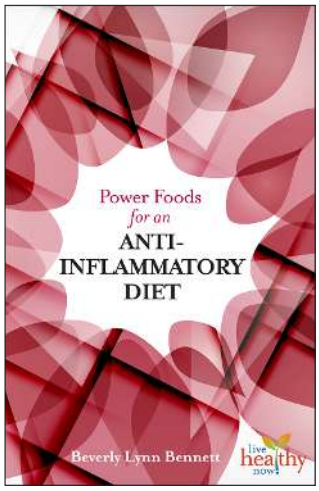
Walk Yourself Fit

David A. Rives

This book was designed to help otherwise-healthy people get fitter and lose a few excess inches instead of weight through walking rather than an endless succession of diets. People often require some encouragement to take on a new exercise program, and this book may be just what they need.

$21.95 / 978-1-878143-02-0 / 160 pages / 5¼ x 8½ / paper / avail. Sept.

DAVID A. RIVES is a graduate of the University of Michigan, where he earned a BS in cellular biology. He is the founder of Moon River Publishing and also the author of *The Discontented Rabbit* (see page 19).



Power Foods for an Anti-Inflammatory Diet

Beverly Lynn Bennett

Poor diet is the primary driver of chronic inflammation, so food choices can make a crucial difference. The most health-protective foods—those that contain the highest concentrations of phytochemicals and other essential inflammation-fighting nutrients—are identified, and delicious, easy-to-prepare recipes show how to incorporate a wide variety of these power-charged foods into everyday dishes.

$7.95 / 978-1-57067-388-7 / 48 pages / 5½ x 8½ / paper / available Sept. 2020

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live healthy now!

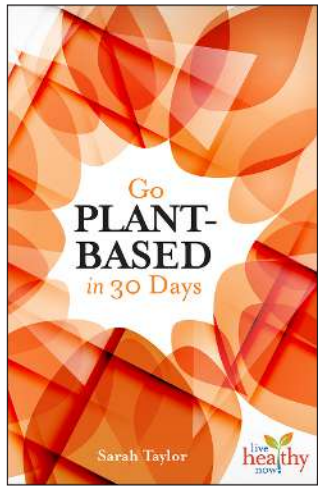
Go Plant-Based in 30 Days

Sarah Taylor

By providing a new goal for every day in a month, this book provides solid, well-researched advice on how to become a vegan safely and successfully by eating healthful, nutritious food. It includes dozens of practical tips to help readers meet their goals and more than two dozen of the author's favorite easy recipes.

$7.95 / 978-1-57067-389-4 / 48 pages / 5½ x 8½ / paper / available Sept. 2020

live healthy now!



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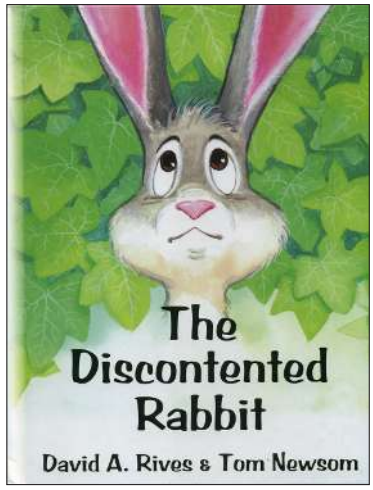
The Discontented Rabbit

David A. Rives

Tom Newsom

NEW



A charming story tells the tale of Herman the rabbit, who thinks his ears are too big and cause too many problems. He decides to go on an odyssey to Africa to convince another animal to trade ears with him. After meeting with an elephant, hippopotamus, impala, lion, and rhinoceros, Herman discovers why his ears are the perfect ears for him.

$19.95 / 978-1-878143-04-4 / 40 pages / 8¾ x 11¼ / hardcover
full color / Ages: 4 to 7 / Moon River Publishing / Avail. Sept. 2020

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Taming Plastic

Stop the Pollution

Albert Bates

RECENT

This book describes how plastics are made, explains why they are such a hazard for the environment, and examines why this concern has reached a crisis point and what can be done to clean it up. Kids are informed about the creative solutions that visionary people across the planet are using to curb plastic waste, and they are also shown what they can do to help with this urgent, growing problem.

$18.95 / 978-1-939053-24-4 / 48 pages
8 x 9½ / paper / ful clolor / Ages: 9 to 12

9 781939 053244

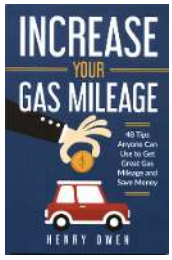
"Bates's comprehensive writing covers topics such as the life cycle of plastic, the different types of plastic and how they are made, its environmental impact, and a varied action plan to address plastic waste. This resource will enrich current issues or environmental sections and is recommended for middle school libraries."

—Jenifer Pickens, *School Library Journal* (December 2019)

"The book encourages readers to take personal responsibility for solving the global problem of plastic waste, starting with refusing single-use plastic products. Illustrated with many photos, the book lays out up-to-date facts and timely ideas for change." —Carolyn Phelan, *Booklist* (December 2019)

Environmental Solutions

Transforming Plastic
From Pollution
to Evolution
Albert Bates
$12.95 / 978-1-57067-371-9



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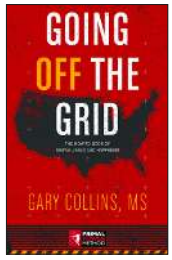
Off-Grid Living



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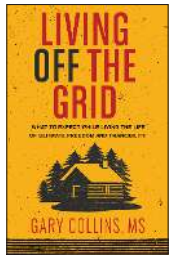

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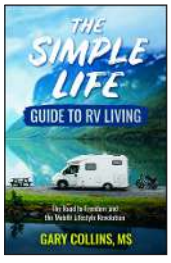

The Simple Life Guide to RV Living
The Road to Freedom and the Mobile Lifestyle Revolution
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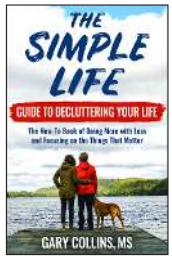
$16.95 / 978-1-57067-363-4



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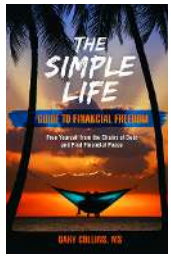

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Gary Collins, MS
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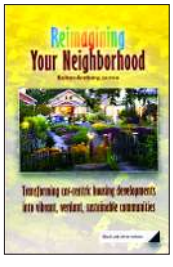
Social Issues



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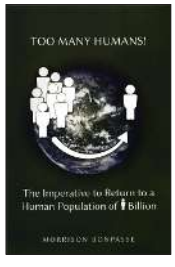

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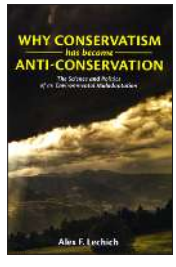

Why Conservatism Has Become Anti-Conservation
The Science and Politics of an Environmental Maladaptation
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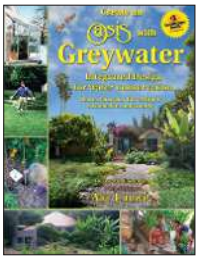

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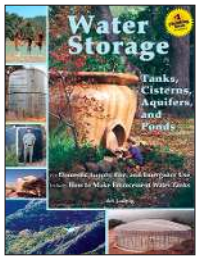

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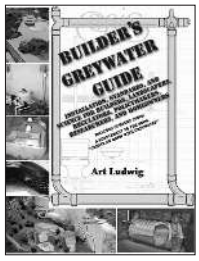

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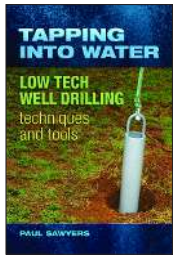

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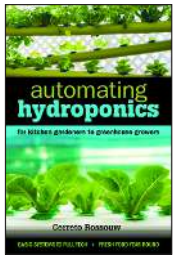

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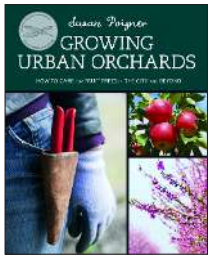

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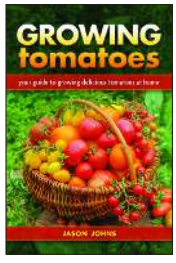

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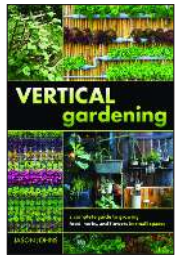

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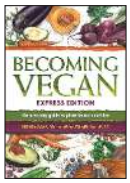

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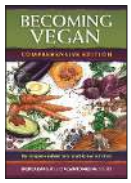

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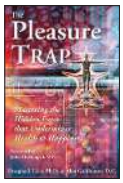

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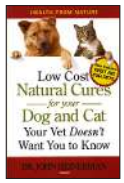

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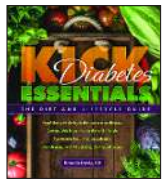

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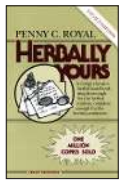

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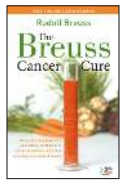

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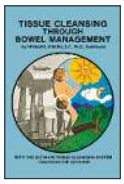

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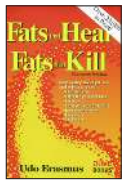

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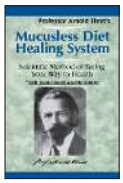

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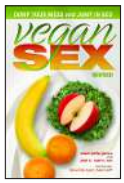

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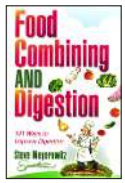

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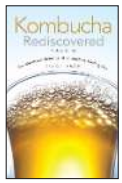

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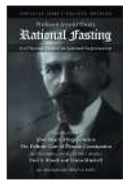

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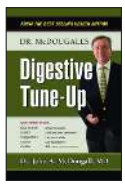

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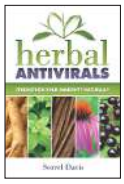

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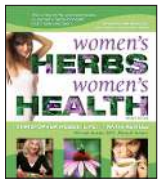

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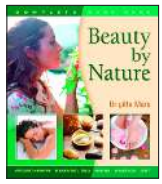

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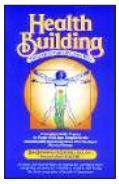

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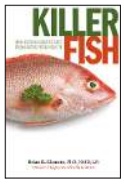

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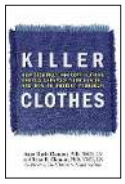

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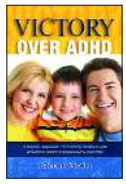

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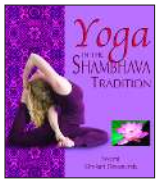

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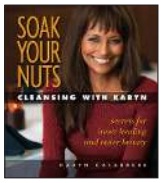

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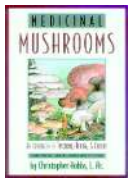

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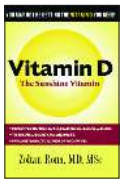

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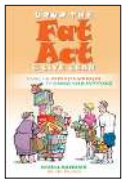

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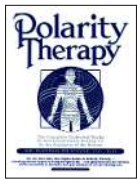

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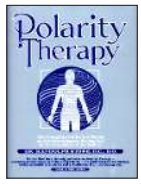

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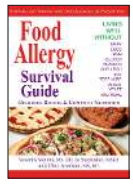

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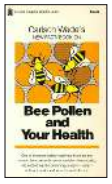

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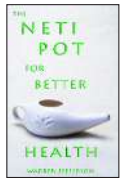

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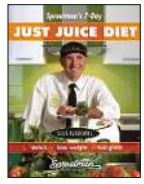

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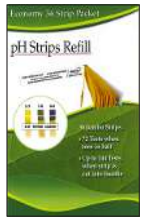

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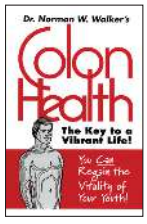

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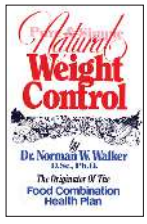

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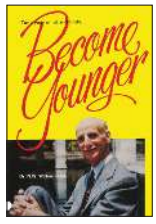

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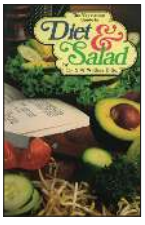

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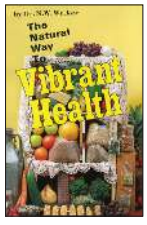

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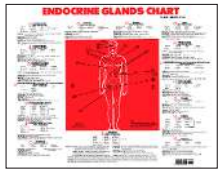

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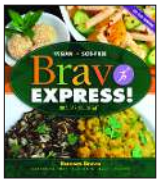

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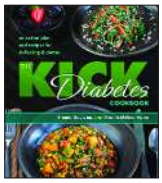

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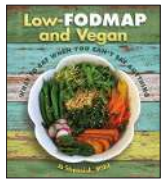

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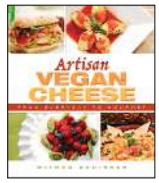

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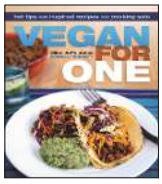

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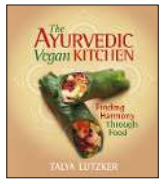

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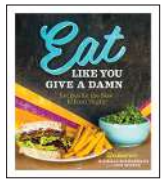

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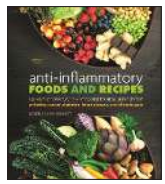

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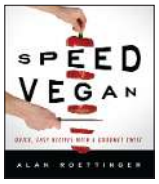

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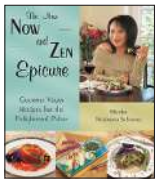

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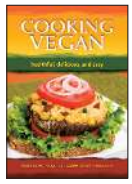

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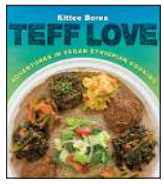

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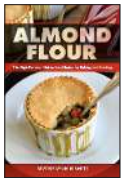

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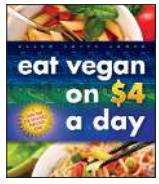

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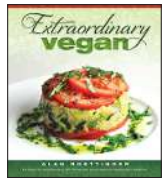

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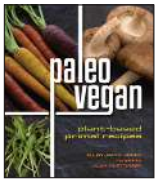

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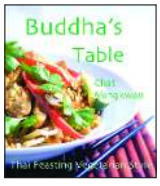

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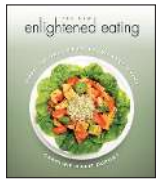

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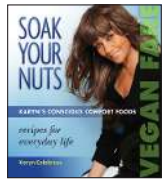

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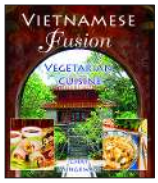

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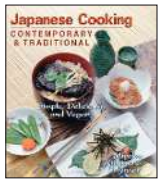

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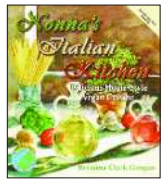

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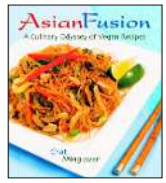

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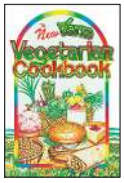

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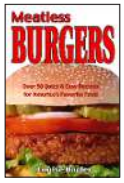

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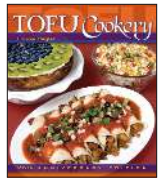

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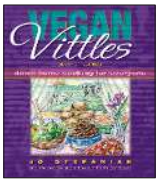

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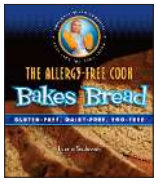

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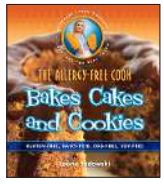

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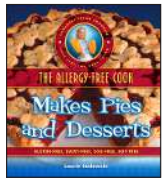

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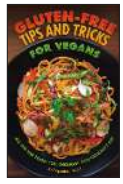

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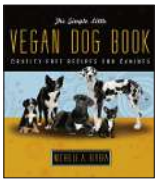

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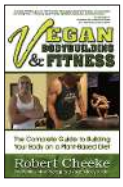

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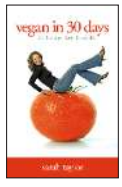

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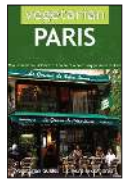

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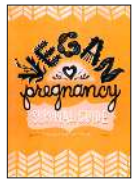

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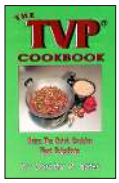

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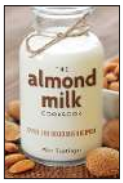

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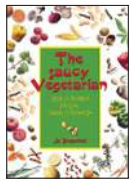

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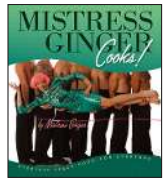

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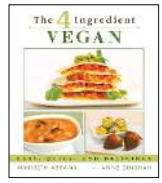

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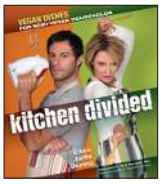

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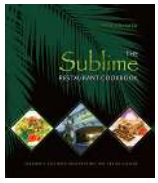

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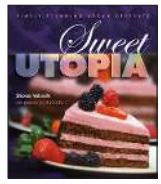

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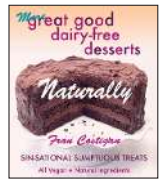

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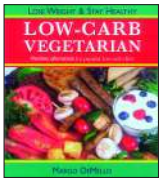

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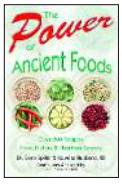

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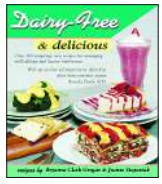

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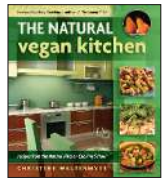

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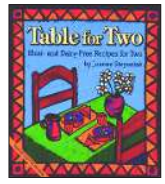

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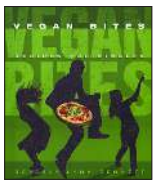

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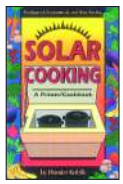

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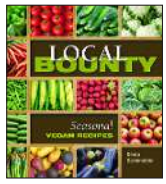

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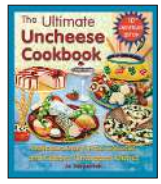

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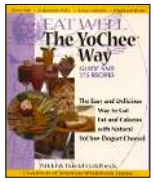

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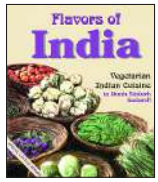

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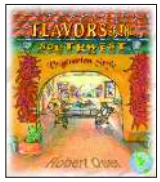

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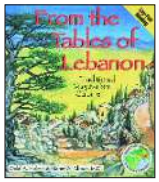

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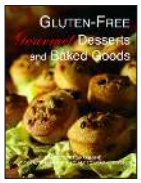

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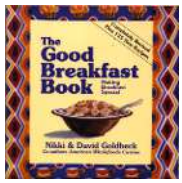

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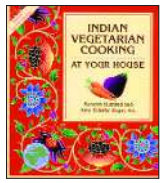

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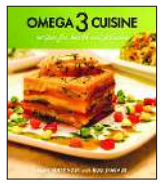

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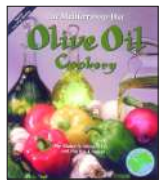

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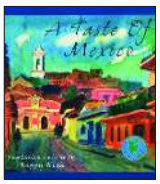

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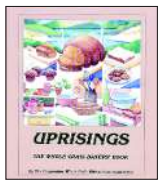

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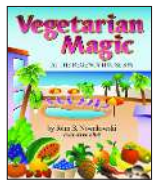

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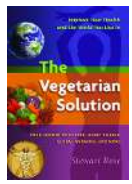

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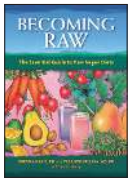

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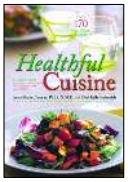

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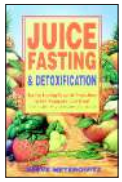

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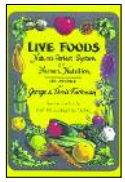

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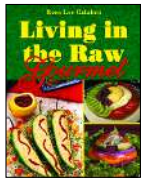

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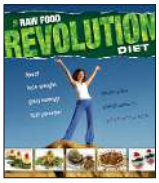

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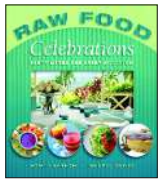

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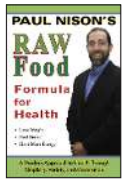

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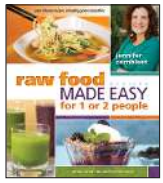

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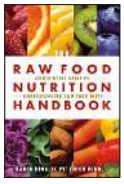

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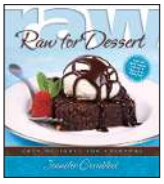

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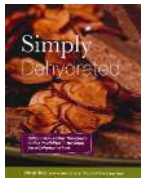

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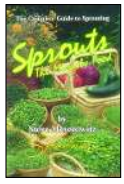

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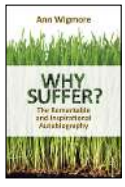

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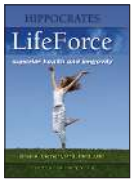

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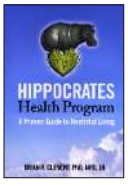

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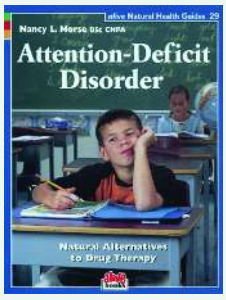

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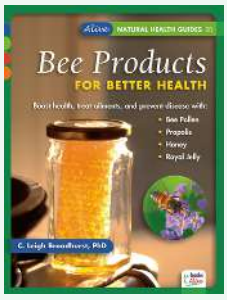

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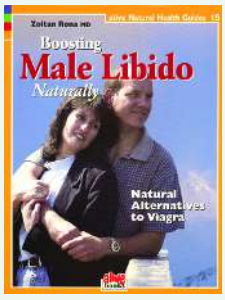

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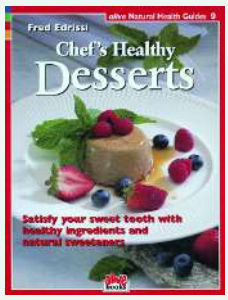

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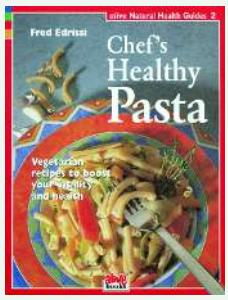

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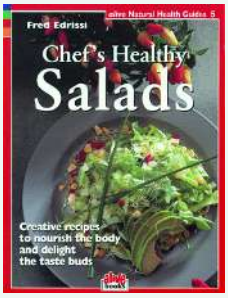

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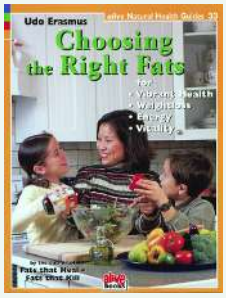

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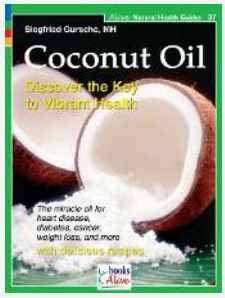

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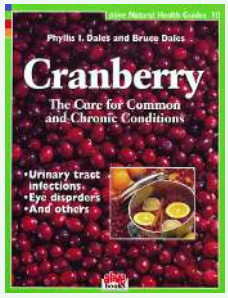

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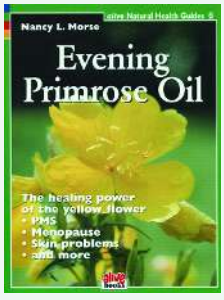

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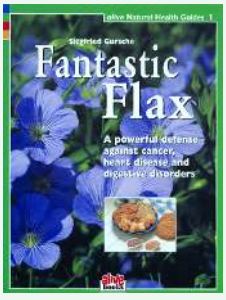

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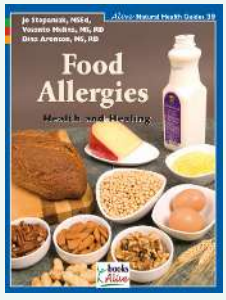

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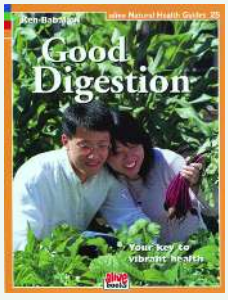

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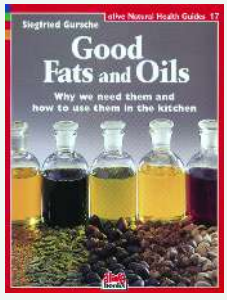

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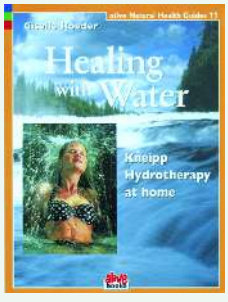

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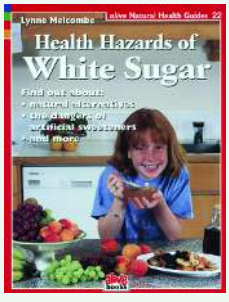

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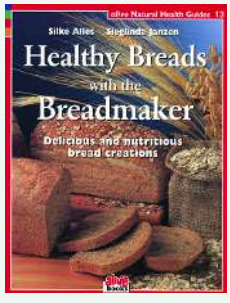

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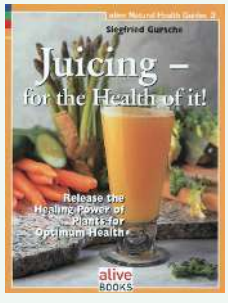

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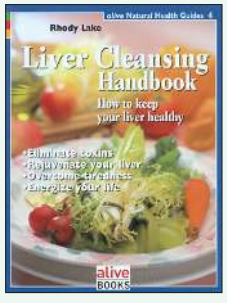

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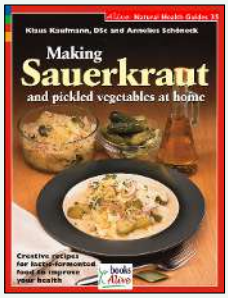

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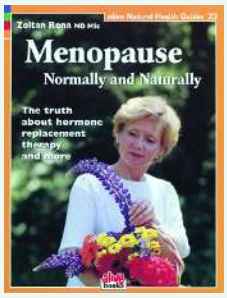

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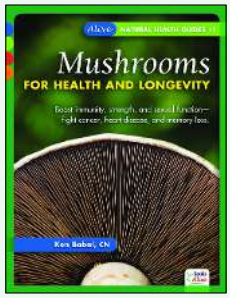

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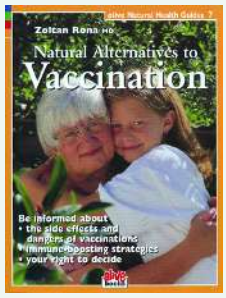

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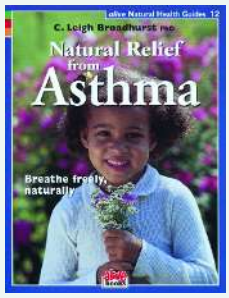

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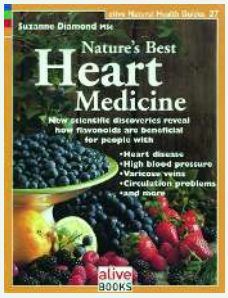

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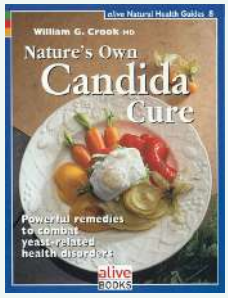

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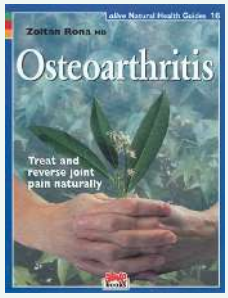

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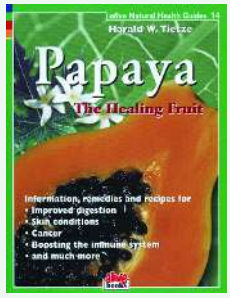

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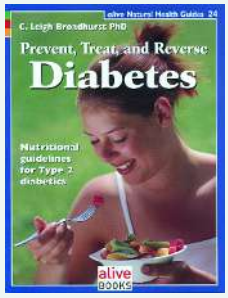

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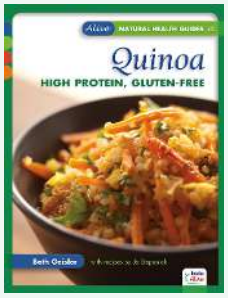

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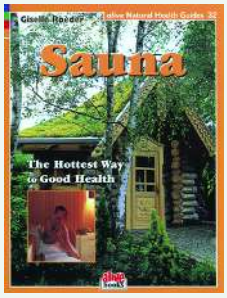

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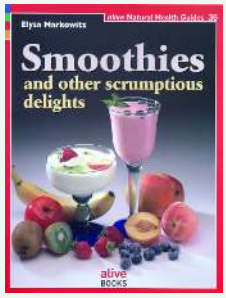

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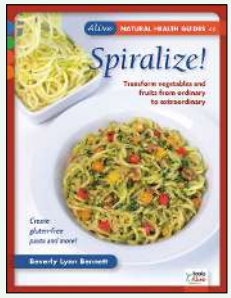

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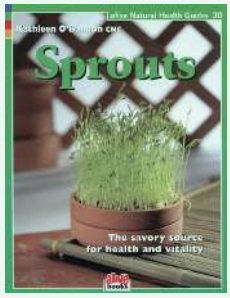

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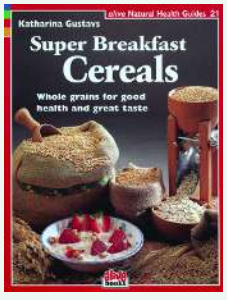

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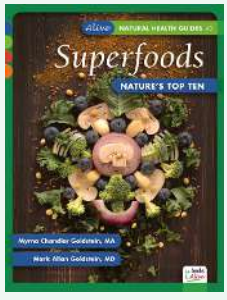

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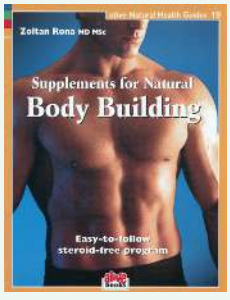

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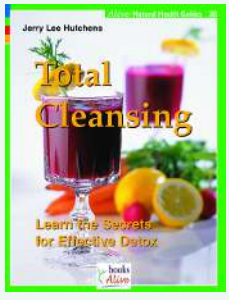

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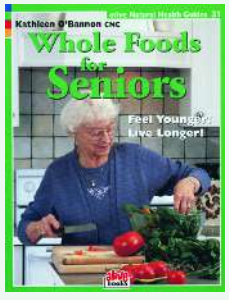

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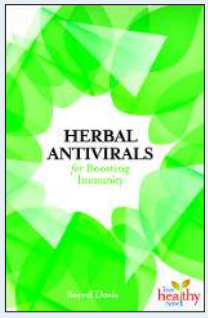

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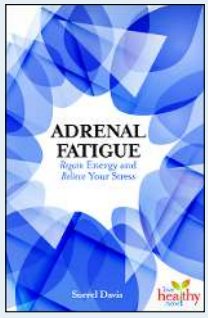

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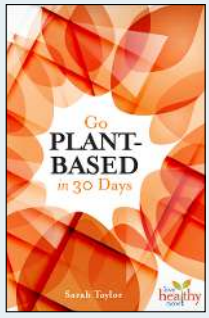

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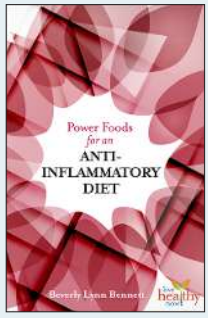

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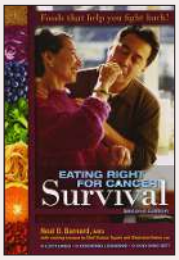

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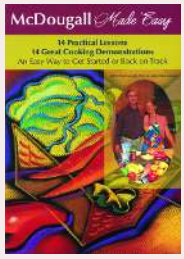

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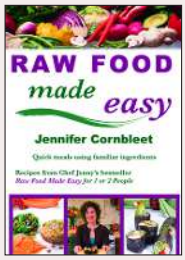

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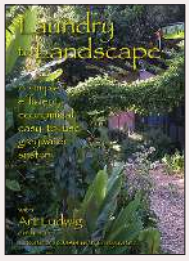

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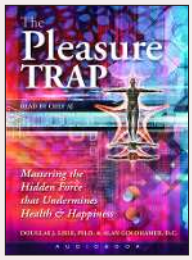

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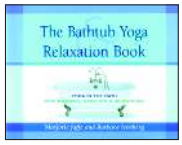

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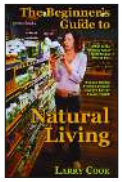

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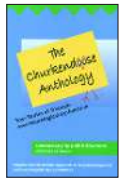

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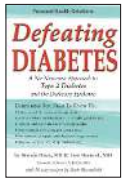

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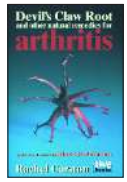

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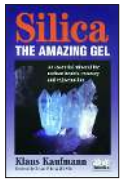

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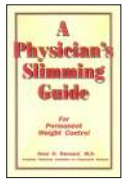

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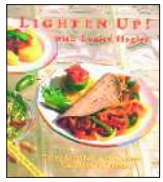

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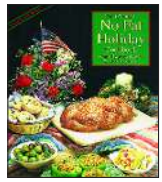

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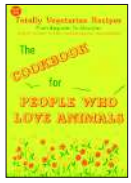

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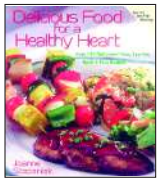

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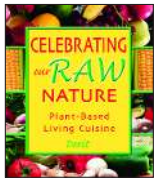

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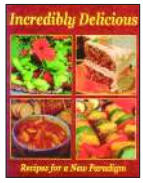

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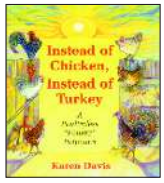

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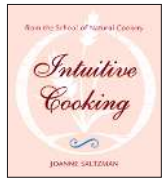

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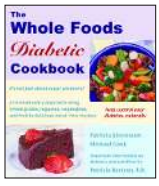

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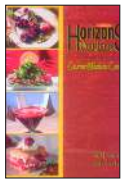

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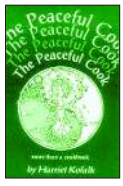

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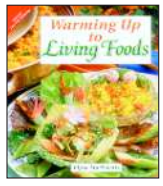

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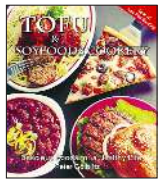

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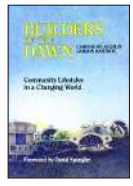

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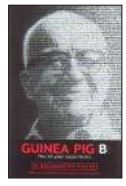

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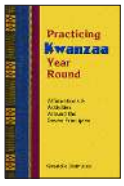

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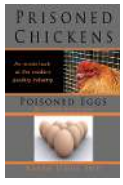

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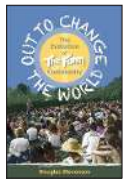

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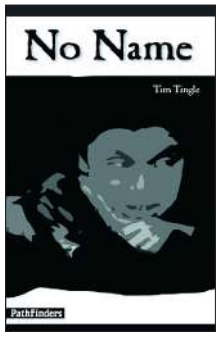

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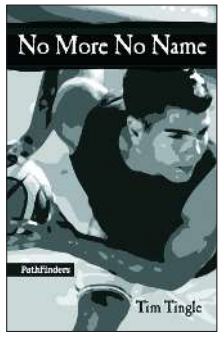

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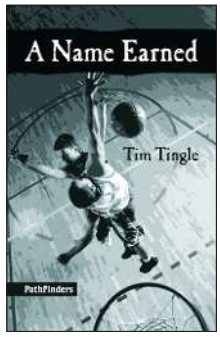

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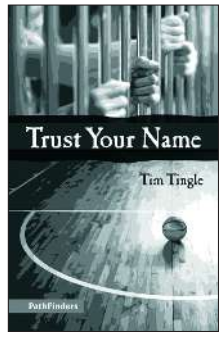

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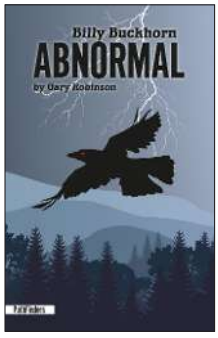

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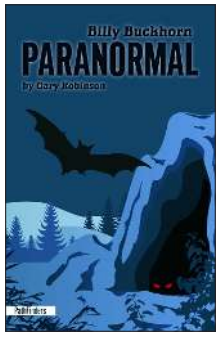

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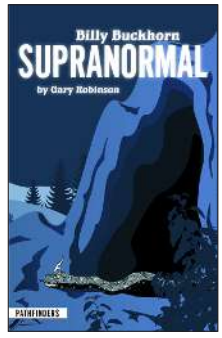

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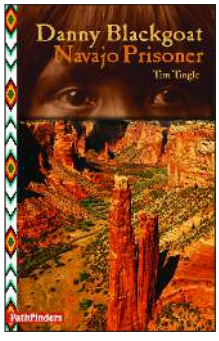

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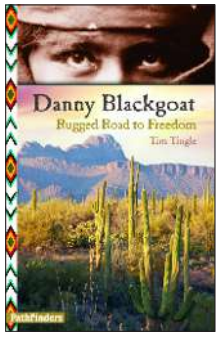

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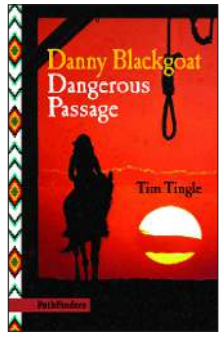

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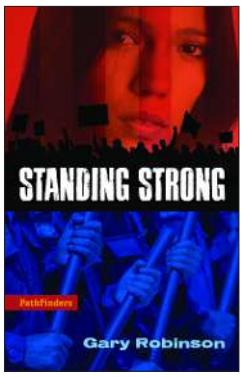

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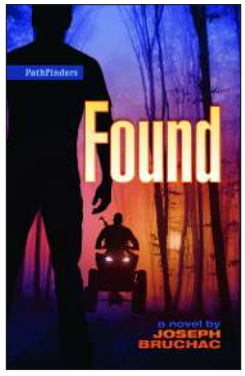

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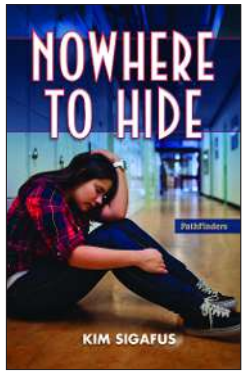

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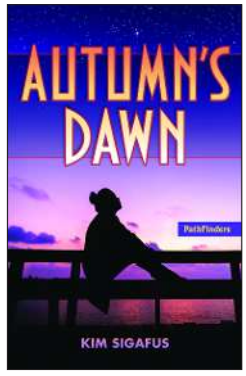

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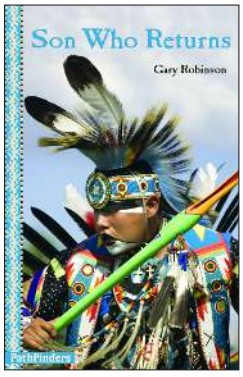

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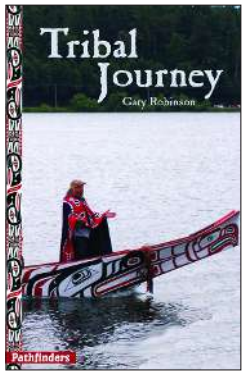

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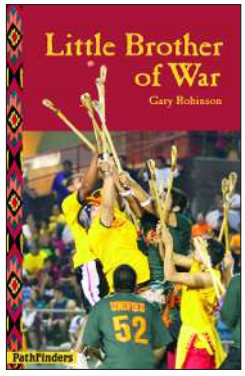

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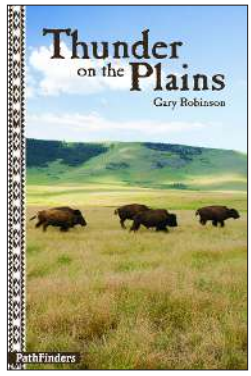

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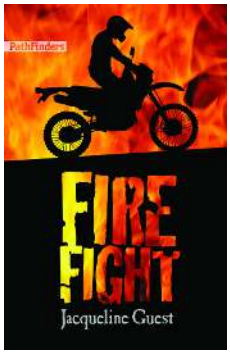

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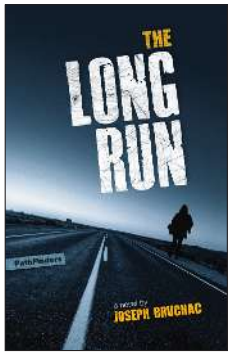

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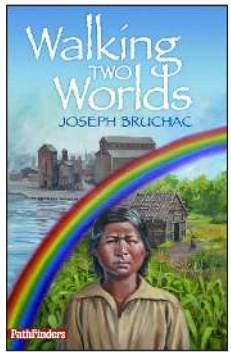

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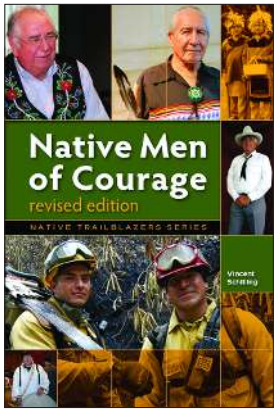

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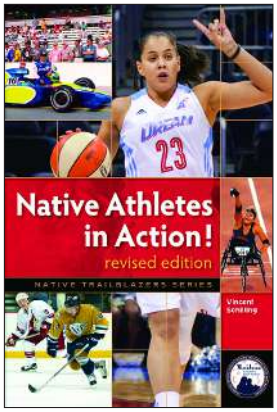

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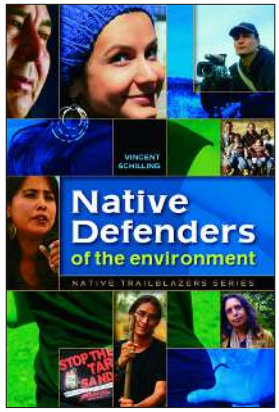

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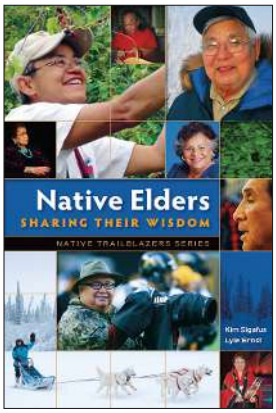

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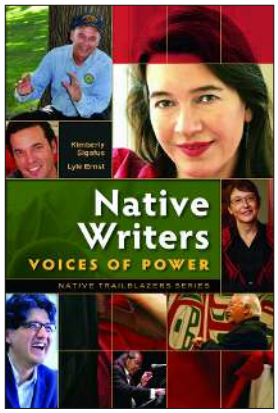

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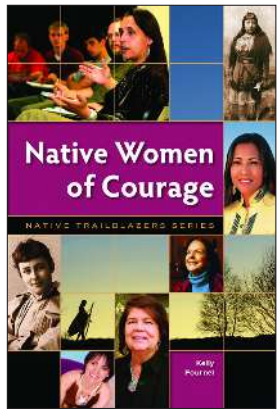

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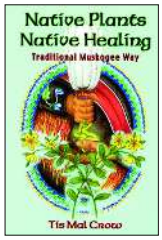

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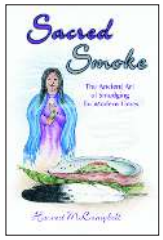

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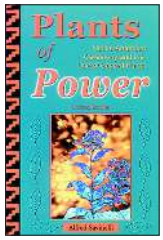

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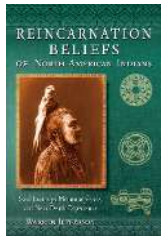

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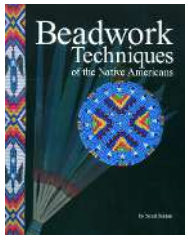

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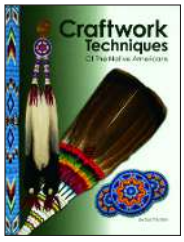

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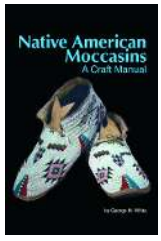

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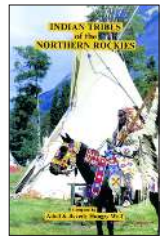

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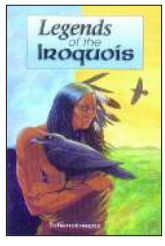

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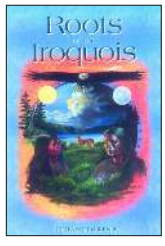

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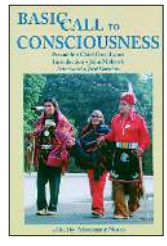

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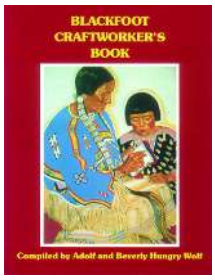

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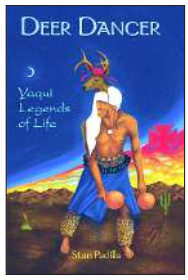

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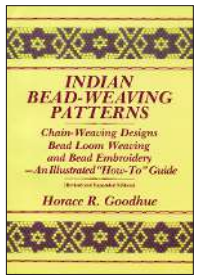

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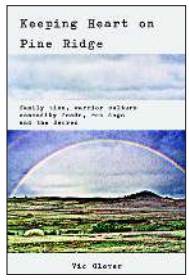

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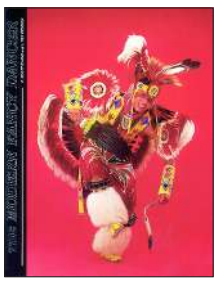

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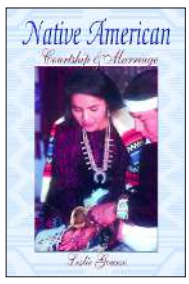

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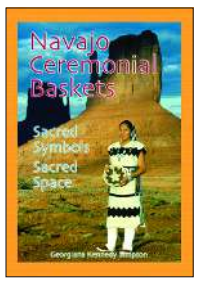

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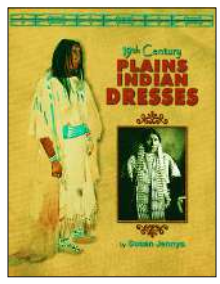

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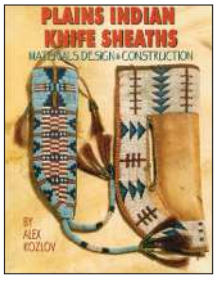

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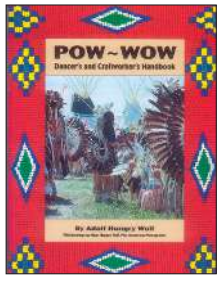

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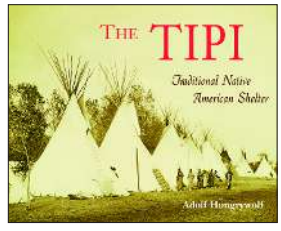

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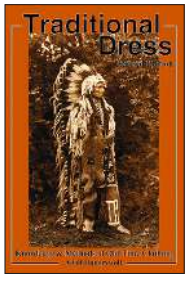

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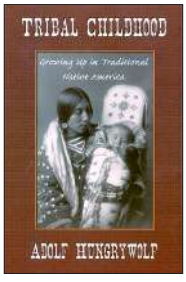

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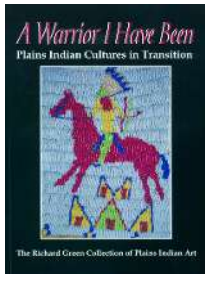

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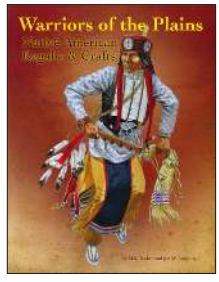

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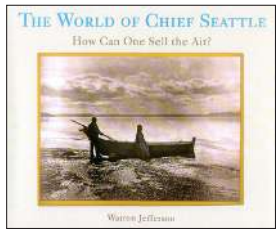

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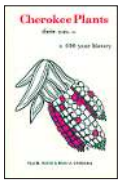

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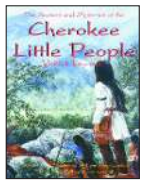

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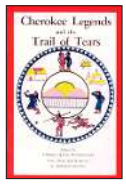

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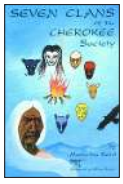

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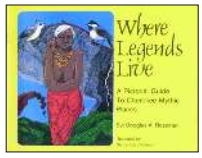

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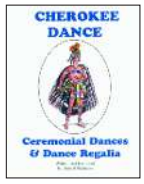

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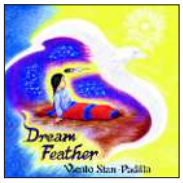

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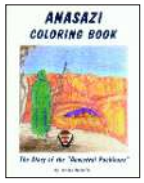

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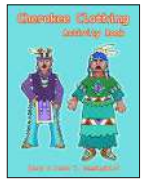

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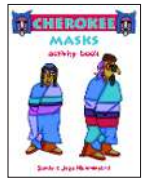

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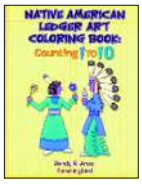

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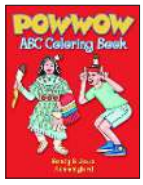

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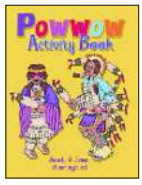

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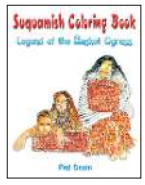

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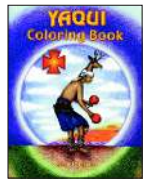

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