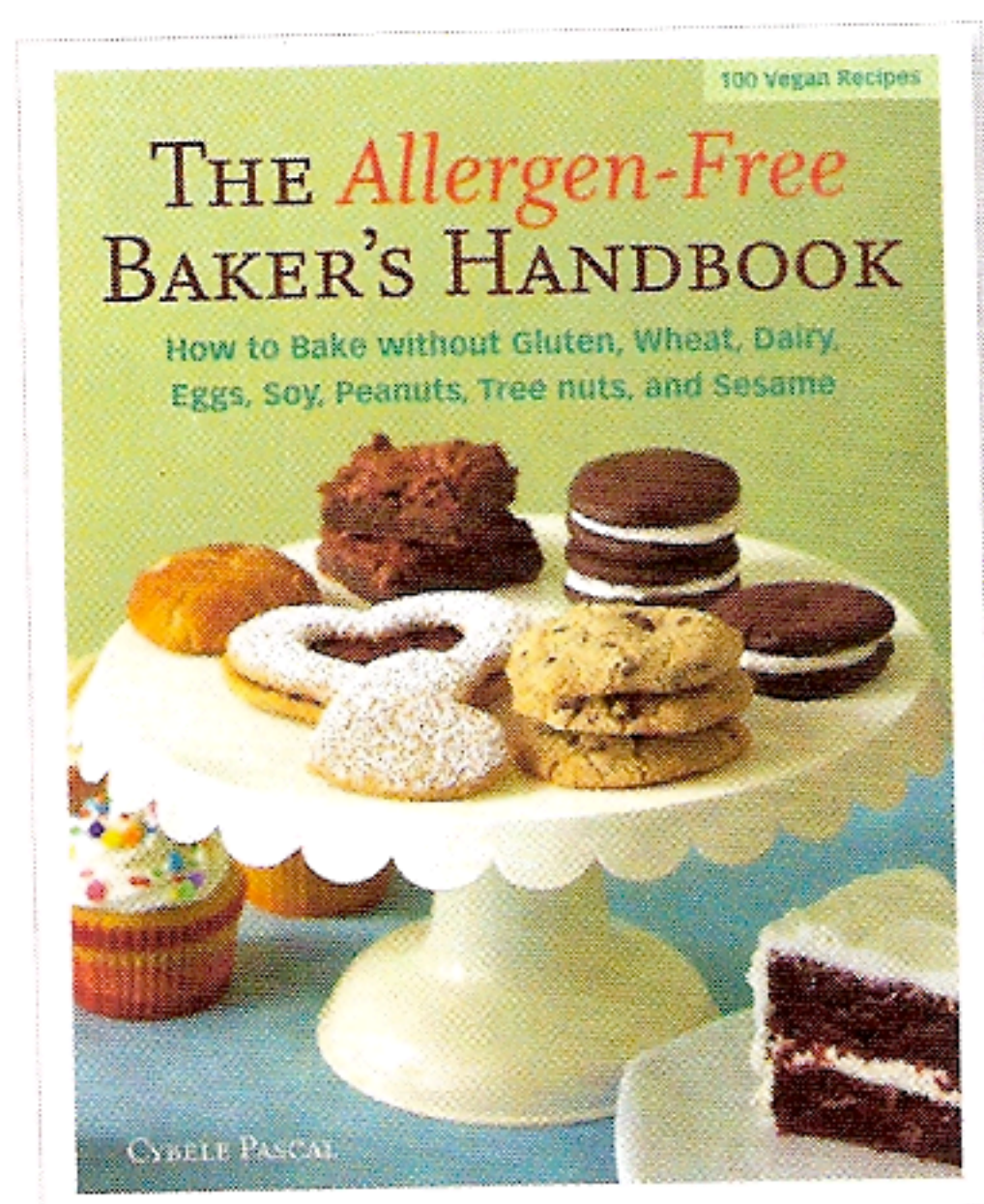
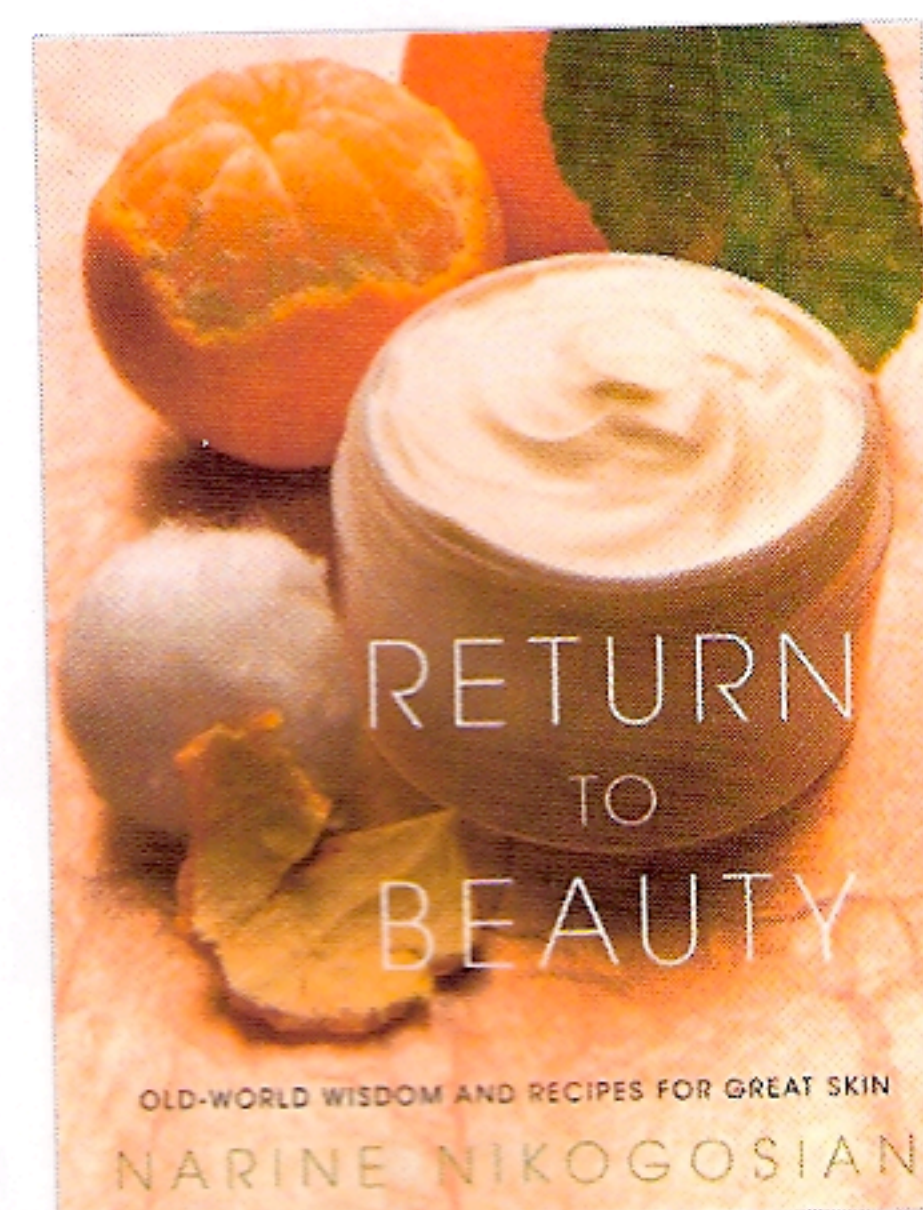


## Mirror, Mirror

*Return to Beauty, Old-World Recipes for Great Radiant Skin* (Atria Books) is a cookbook approach to safe, natural and effective beauty treatments. Los Angeles skin-care expert Narine Nikogosian shares proven recipes (used on her client list of Hollywood's top lovelies) for moisturizers, scrubs, masks and more—all made with fresh, nutrient-rich ingredients found in the grocery store. Combining passed-down wisdom and modern dermatology, Nikogosian outlines a regimen of daily facials for an entire year, taking into account skin type, seasonal changes and individual personality. The book contains quick-fix recipes for common beauty concerns, as well as skin tips for pregnant women and a no-frills section for men. Say good-bye to over-priced, under-performing, chemical-laden cosmetics and hello to healthier skin, naturally.

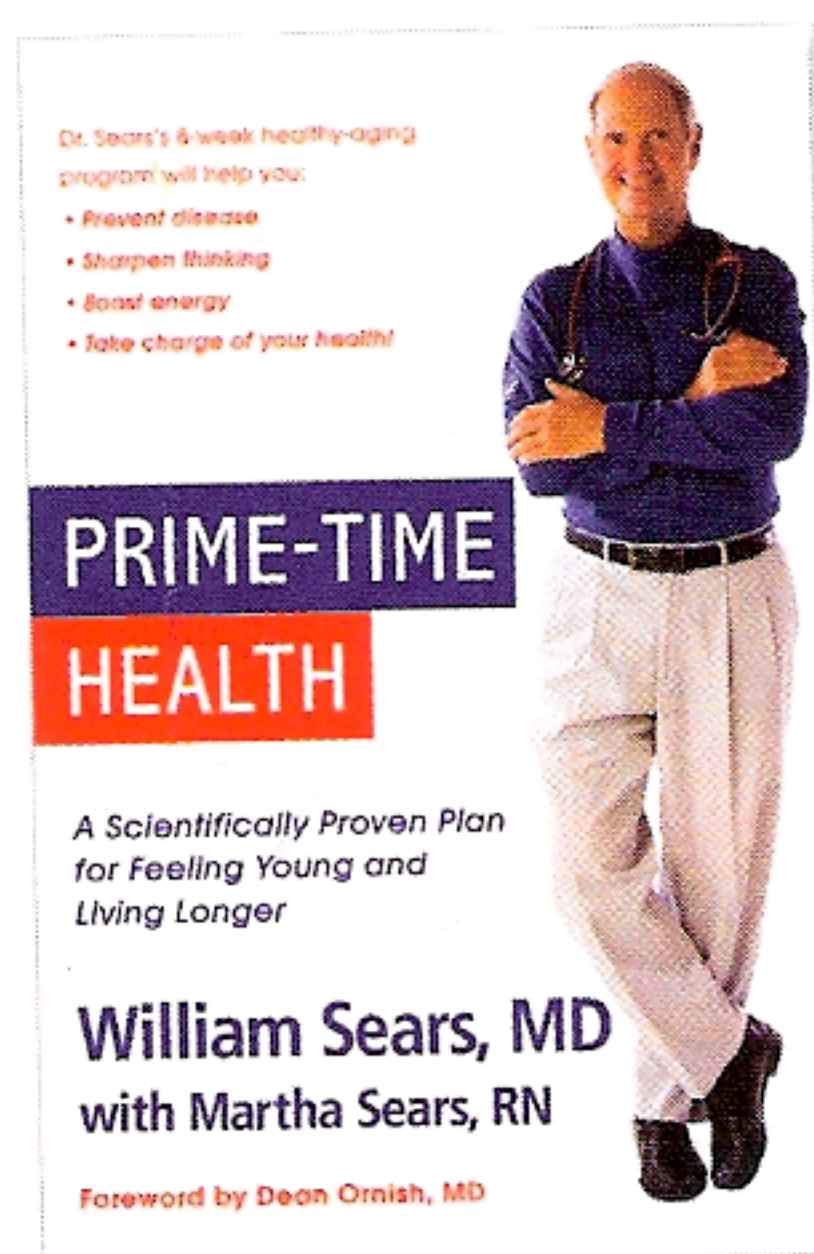


## No More Allergens

Imagine baking without wheat flour, dairy milk and butter, eggs, soy, peanuts and tree nuts. Faced with her son's multiple food allergies to these key ingredients and more, Cybele Pascal tied on her apron and went to work. The *Allergen-Free Baker's Handbook* (Ten Speed Press) is a tribute to her perseverance and a triumph for the food-allergic community. With 100 or so recipes for cookies, cakes, pies, crumbles, scones, biscuits and quick breads (a third without refined sweeteners), Pascal also shares basic baking tips and practical advice on ingredient substitutions and how to stock an allergen-free pantry. This book is a goldmine for special-diet bakers—particularly for parents of newly diagnosed kids who don't know where to begin.

## Naughty and Nice

Think chocolate is just empty-calorie indulgence? Think again. Gabriel Constans offers a delicious collection of healthy cocoa concoctions in *Luscious Chocolate Smoothies* (Libertary Editions). From "Morning Lift-Off" for starting your day to "Kinky Kahlúa" to wind it down, these chocolate-enhanced fruit and protein drinks made with wholesome ingredients, including dairy-free milks and all-natural sweeteners, can count as a meal, a snack or a dessert. Nutritional info is included with each recipe. Sprinkled with humorous and historical chocolate facts you never knew, this slim tome will bring a smile to the chocoholic in your life.



## Not Too Late

Now is the time to prepare for the second half of your life, say Williams Sears, MD, and his wife Martha Sears, RN, in their newest publication, *Prime-Time Health, A Scientifically Proven Plan for Feeling Young and Living Longer* (Little, Brown). Want to feel better, want to be better, both inside and out? This book's 400-plus pages explain why you can forget about your "bad" genes and put past failures behind you. The Sears' 8-week program is based on Dr. Sears' personal recovery from colon cancer, along with years of research and medical expertise. With its focus on preventing disease, sharpening thinking and memory, boosting energy and taking charge of your health, *Prime-Time Health* could change the rest of your life. Who knew science could be such a good read? **LW**