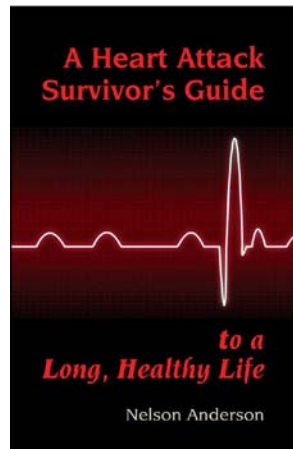


Celebrate the Sunbelt Lifestyle!



What's New from Sunbelt Publications January 2010

Start the New Year Right!

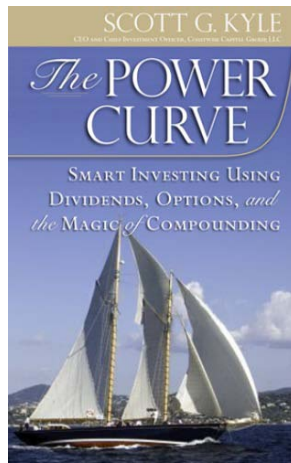


A HEART ATTACK SURVIVOR'S GUIDE TO A LONG, HEALTHY LIFE

Written By: Nelson Anderson

ISBN: 9780916251987 Retail: \$14.95

Written by a survivor who, 10 years after his heart attack, is now fitter and leaner than he's ever been, this book details a lifestyle change which will promote weight loss and bring energy and vitality. The author shares his daily diet plan, including supplements, an easy-to-follow exercise regime, and even a few healthful recipes for delicious low-carb meals and snacks. Fed up with a life of confusion and fear, the author transformed himself into a human guinea pig. After years of painstaking research and trial-and-error, he finally came to understand what works, what doesn't work, and why. His goal is to share this knowledge and joy with fellow survivors, their loved ones, and anyone who fears a heart attack in the years ahead.

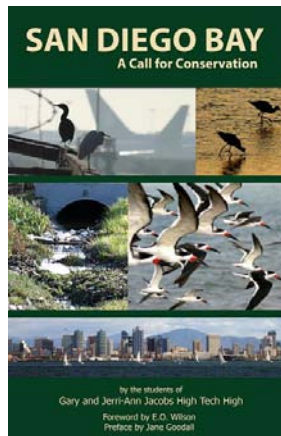


THE POWER CURVE: SMART INVESTING USING DIVIDENDS, OPTIONS, AND THE MAGIC OF COMPOUNDING

Written by: Scott G. Kyle

ISBN: 9780977801824 Retail: \$24.95

In this valuable book, professional money manager Scott G. Kyle explains in entertaining and understandable terms how to tap into the ultimate strength of compounding to improve your stock market returns. Kyle describes how to construct a portfolio, analyze companies, and utilize options - all with the goal of giving you the tools to become a great trader and investor.



SAN DIEGO BAY: A CALL FOR CONSERVATION

Written by: the students of Gary and Jerri-Ann Jacobs High Tech High

Forward By: E.O. Wilson

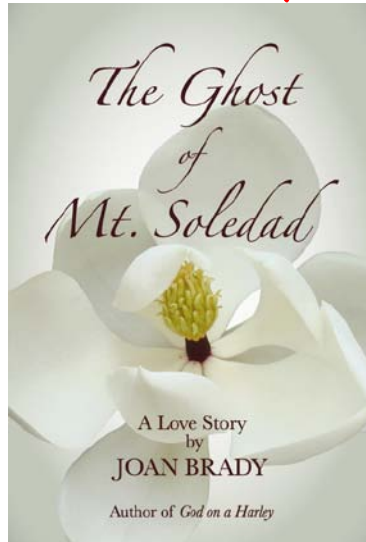
ISBN: 9781888691207 Retail: \$24.95

"San Diego Bay: A Call for Conservation" is the fourth book in a series that details the beauty and history of San Diego Bay, written by the talented students of High Tech High. It delves into the delicate balance between humans and nature in an urbanized ecosystem, demonstrating the importance of environmental awareness and action, and the role individuals can play to benefit their city and planet. It examines the San Diego Bay's current state, outlines the reasons behind its decline, and offers solutions for its recovery. With a preface by Jane Goodall, a wealth of photographs, plus interviews with local experts on indigenous species and environmental concerns, this is a compelling and insightful work.

[Click Here to See Full Online Book Catalog](#)

Coming Soon Preorder and Save!

*** Available February 2010 ***



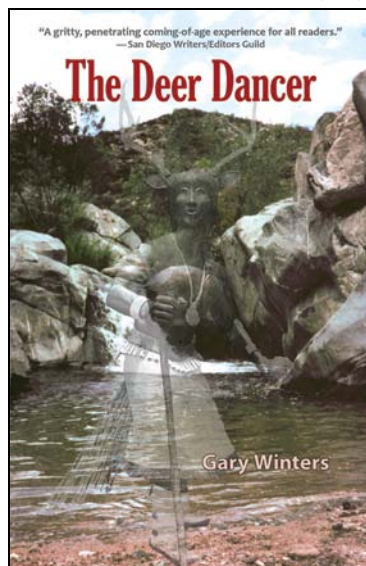
THE GHOST OF MT. SOLEDAD

Written By: Joan Brady

ISBN: 9780615324821 Retail: \$9.95

In the summer of 2007, amidst an ongoing debate over the constitutionality of a lone, 29 ft. cross atop San Diego's historic Mt. Soledad, a local freelance writer inexplicably goes missing. Margaret Duran, middle-aged and never-married, accepts an assignment to write a piece on the so-called "cross controversy" for a prominent magazine. While researching the piece, Margaret visits the mountaintop where an old war memorial sits at the base of the cross. There, she meets and falls in love with the ghost of a handsome WWII soldier who claims to have shared a past life with her.

*** Available March 2010 ***



THE DEER DANCER

Written By: Gary Winters
ISBN: 9780916251000 Retail: \$16.95

Juan Araiza is a Yaqui Indian boy with no money, no shoes, no education, and no future. He leaves his village to search for his father—a man he never knew—in Mexico's second largest city. He doesn't find his father, but his native wit and grit take him all the way from the streets to a job in the federal government. He meets the charismatic Subcomandante Insurgente Marcos and soon finds himself feeling torn—his head in the government job and his heart in the black-masked Zapatista fight for Indian rights.

Upcoming Events

Wednesday, January 20, 2010 6:30-7:30pm, FREE & Open to the Public

Bette Blaydes Pegas, author of Chasing A Dream in the Galapagos: A Personal Evolution, will be presenting a slideshow of unique nature images from her book at the Encinitas Library. (Encinitas Library - 540 Cornish Drive, Encinitas, CA 92024 (760) 753-7376)

Saturday, January 23, 2010, 1pm, FREE & Open to the Public

Terry Kraszewski, author of Surf Angel will be at the Chula Vista Borders. Terry will be reading and signing copies of her book for Story Time. (Chula Vista Borders – 878 Eastlake Parkway, Chula Vista, CA 91914 (619)482-9883)

Sunday, January 24, 2010, 3:30-5pm, Unity on the Bay

Myrtha Trujillo, author of Mision Mujer, will be presenting and signing her book at Unity on the Bay in Miami, Fl. (Unity on the Bay - 411 NE 21 Street Miami, FL 33137 (305)573-9191).

For more information please visit www.unityonthebay.org

Tuesday, February 2, 3, 4, 2010, 2010 Yosemite's Chef's Holidays at the Ahwahnee Hotel

Chefs Bernard Guillas & Ron Oliver will be at the Ahwahnee Hotel in Yosemite National Park for a demonstration and book signing for their new book, [Flying Pans: Two Chefs One World](#). (9005 Ahwahnee Drive, Yosemite National Park, CA)
For more information please visit www.yosemitepark.com

Friday, February 12, 2010, 1pm. FREE and Open to the Public

Nelson Copp, author of [Cycling San Diego](#) and [Cycling the Palm Springs Region](#), will sign copies of his books at the Palm Desert Barnes and Noble. (Barnes & Noble Palm Desert - 72-840 Hwy 111, Suite. 425 Palm Desert, CA 92260 (760) 779-0637).

Sunday, February 14, 2010, 1-3pm, FREE and Open to the Public

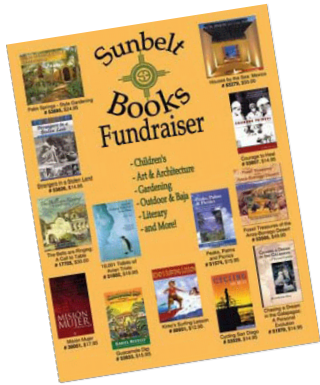
Come join Joan Brady, author of [The Ghost of Mt. Soledad](#), at the Mysterious Galaxy bookstore on Valentine's Day. She will be discussing and signing copies of her new book. (Mysterious Galaxy – 7051 Clairemont Mesa Blvd Suite#302, San Diego, CA 92111 (858)268-4747)

[Click Here For More Events](#)

Interested in scheduling a Sunbelt Author for your upcoming event?

For more information, please contact us

at (619) 258-4911 or marketing@sunbeltpub.com.



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