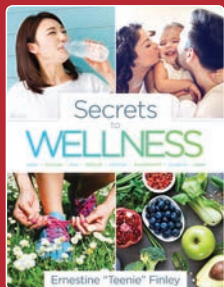


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# A Sound Mind *in a Sound body!*



CATALOG



Books



eBooks



DVDs

# EASY TO READ AND

## Dr. Arnott's **24**

Realistic  
Ways  
To  
Improve  
Your  
Health



Tim Arnott, M.D. Author of 24 Realistic Ways to Improve Your Health

### Dr. Arnott's 24 Realistic Ways to Improve Your Health

**eBook**  
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A common-sense scientific and Bible based reality check that will help you live longer, happier, and healthier.

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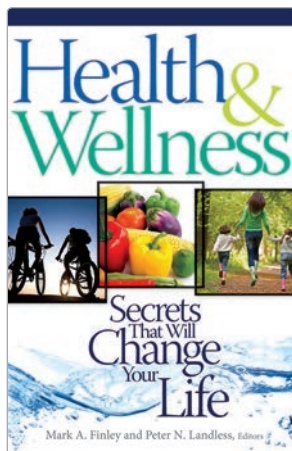
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### Health & Wellness: Secrets That Will Change Your Life

Simple ways to avoid chronic killers such as cancer, diabetes, heart disease, and obesity.

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Mark A. Finley and Peter N. Landless, Editors



### The Healing Power of Love

Jesus didn't just heal people's minds and spirits. He healed their bodies as well.

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ALSO AVAILABLE

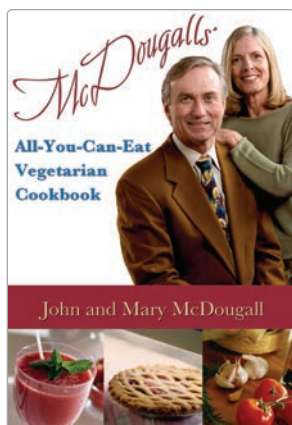
**US\$0.89**

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### Dr. McDougalls' All-You-Can-Eat Cookbook

A cookbook that turns the popular thinking about carbs and weight control upside down.

**US\$2.99** Quantity pricing available



John and Mary McDougall

**eBook**  
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# EASY TO SHARE

## Staying Healthy For Life

*Want to live longer and feel better?*

Reading this book will help you know how to take better care of yourself, prevent disease, feel your best, and live a long life. There are no guarantees, but research shows that if you make healthy choices, you greatly improve your odds for a full, extended life.

**US\$3.49** Quantity pricing available



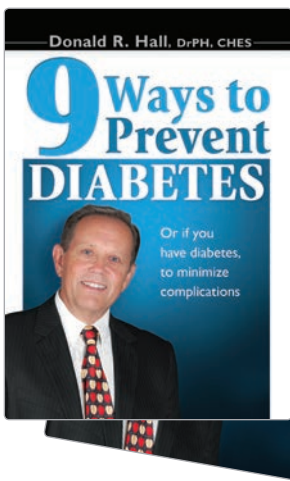
## 9 Ways to Prevent Diabetes

Dr. Hall carefully reviews the diabetes problem and makes helpful recommendations to avoid this life-altering diagnosis, and to manage it, if you already have been diagnosed.

Anyone with a family history of diabetes, or anyone who is at risk of diabetes or has an elevated blood sugar can significantly benefit from this little book.

**US\$3.49** Quantity pricing available  
Also available in Spanish

**eBook**  
ALSO AVAILABLE



## The Vegetarian Advantage

Lower blood pressure, prevent heart disease, and live a longer, healthier life. Dr. Hall outlines the changes needed in moving from a cholesterol-laden, artery-clogging, animal-product diet to a wholesome plant-based diet of whole grains, legumes, fruits, and vegetables.

**US\$3.49** Quantity pricing available  
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## Vegetarian Advantage

**US\$19.95** 2 Volume **DVD**



# ELLEN G. WHITE



## Ministry of Healing

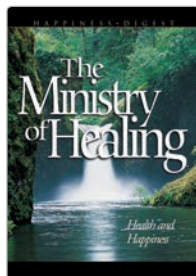
In this book Ellen White deals with sickness of the soul and the healing balm to be found by trusting God for all things. Written in simple beautiful language, *Ministry of Healing* will point you to a life full of joy and gladness—a life in touch with the Source of healing power.

**US\$17.99** Available in Spanish and French

## The Ministry of Healing ASI

ASI has partnered with Pacific Press® to bring you this powerful book in its entirety, in a format and price that's easy and affordable to share.

**US\$1.51 • US\$48.40** Case of 40 US\$ • Also available in Spanish



## The Ministry of Health and Healing

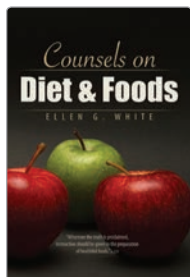
The Ellen G. White Estate has produced an adaptation of *Ministry of Healing* to better communicate the timeless truths in our health message to today's generation. The sentences are shorter, repetition has been removed, and the vocabulary reflects 21st century speech. But the message of Ellen White's 1905 classic has not been changed.

**US\$14.99**

## The Ministry of Healing Study Guide

This guide offers a plan to study through the chapters and principles of the *Ministry of Healing*.

**US\$13.99**

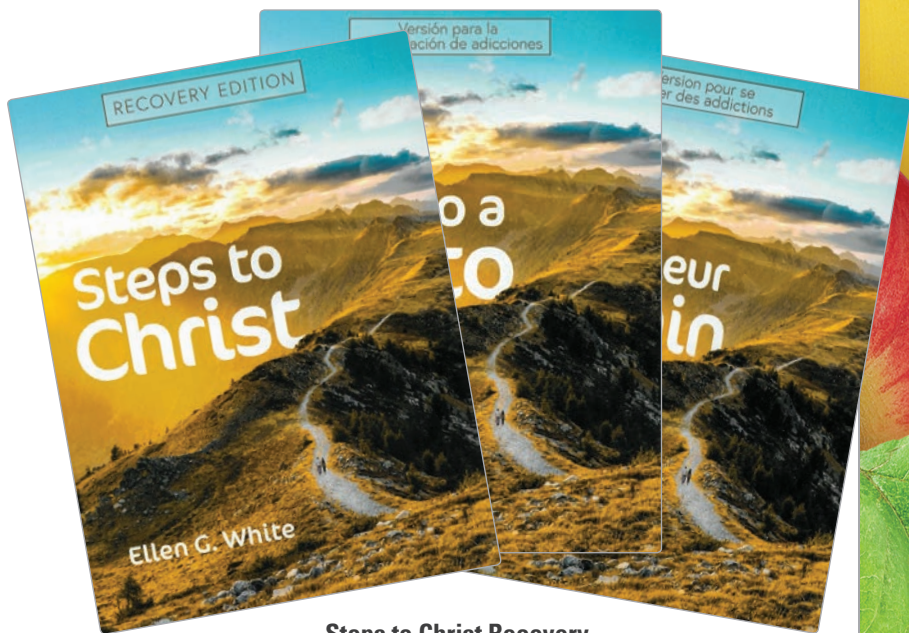


## Counsels on Diet and Foods

Ellen White clearly points out the connection between the food we eat and our spiritual welfare and discusses the importance of diet and adequate nutrition.

**US\$19.99** Hardcover • **US\$11.99** Paperback

# ELLEN G. WHITE



## Steps to Christ Recovery

This powerful book describes the journey to hope, healing and wholeness despite our brokenness. It includes a 12-step recovery program, empowering you to overcome harmful habits and addictions. Above all, you will come to know the Person who can heal and restore, strengthen and encourage as well as bring true balance and meaning to your life.

Choose Jesus and allow His power to transform your life.

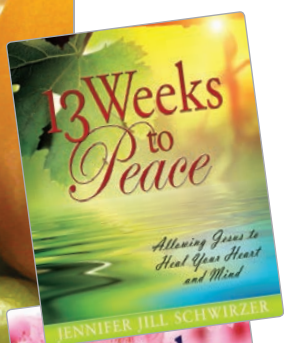
**US\$2.99 • US\$1.99** 62+ • Also available in Spanish and French

On qualifying products of

**\$50.00** or more



# HEALING



## 13 Weeks to Peace

Jennifer Schwirzer reveals a Divine Healer who longs to bring peace to hurting hearts and minds, and skillfully demonstrates how He goes about the work of transforming us, molding us, and re-creating us into His own image.

**US\$16.99**

**eBook**  
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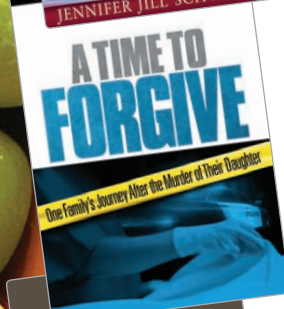


## 13 Weeks to Love

Learn how to live God's love and how doing so fulfills the purpose for which He created us. God is love and we, as His image bearers, possess the capacity for love.

**US\$15.99**

**eBook**  
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## A Time to Forgive

*A Time to Forgive* is the story of one family's struggle to forgive their daughter's murderer. Dr. Bigger lets us into his heart, lets us see what he was thinking and feeling, and how he finally found what he needed to carry on. It is an in-depth look at forgiveness and offers a rather unique look at love.

**US\$16.99**

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## Forgive Now DVD Set

A series of DVD presentations for use by individuals or groups. Recorded live, the workshop explores the physical, mental, relational and spiritual aspects of forgiveness.

**US\$29.99**

# DIABETES

## Goodbye Diabetes

If you have diabetes, are at risk for diabetes, or know someone who struggles with diabetes, this book is a must read. The simple steps are easy to follow and understand. The life you save may be your own!

US\$19.95



## Vibrant Life® Special— How to Beat Diabetes

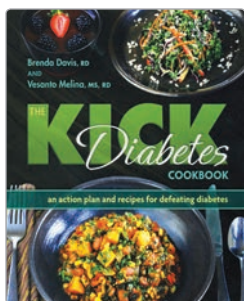
A third of Americans have pre-diabetes—and most don't even know it! In this special issue, doctors and nutritionists show how natural lifestyle choices can prevent—and even reverse – this epidemic.

US\$2.50 • Quantity pricing available

## 9 Ways to Prevent Diabetes

Anyone with a family history of diabetes or anyone who is at risk of diabetes or has an elevated blood sugar can significantly benefit from this book.

US\$3.49 • Quantity pricing available • Also available in Spanish



## The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes

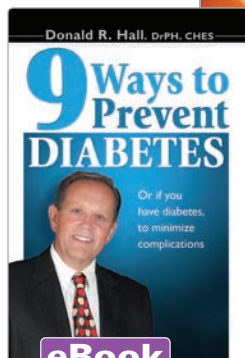
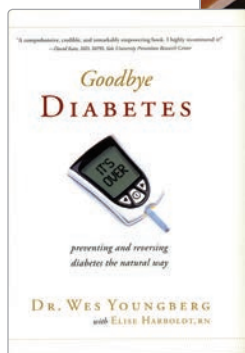
The evidence is in! Type 2 diabetes can be reversed, and diet is the key. Over 100 easy and delicious recipes with fresh ideas for incorporating diabetes-fighting meals.

US\$19.95

## From Plant to Plate Diabetes Edition Cookbook

This book contains everything you need to transform your health through the power of nutrition. Includes 92+ plant-based recipes, corresponding cooking videos, and a plethora of dynamic nutrition content!

US\$25.00



eBook  
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# WELLNESS



**CELEBRATIONS**  
Living Life to the Fullest

## Celebrations

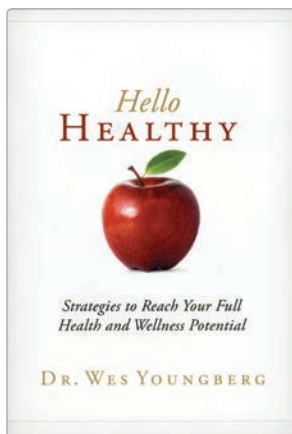
*Celebrations* is a proven formula for healthier, happier living. No tricks, no gimmicks—just good sense and good counsel from the Bible and science.

**US\$2.49**

## Hello Healthy

Say Hello to life free from disease. Learn how to achieve optimal health. Read it. Live it. Share it. It just might be the best thing you'll ever do.

**US\$19.95**

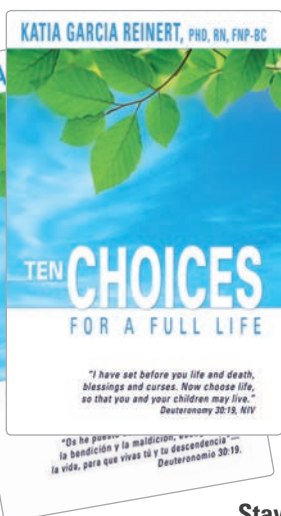


## Ten Choices for a Full Life

This book makes a clear and compelling case for changing to a healthier lifestyle, and encourages us that no matter how many times we may fail in our efforts to change, God invites us to reconsider these principles again and to start fresh.

**US\$3.49**

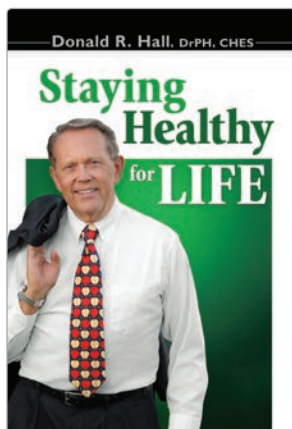
Quantity pricing available  
Also available in Spanish



## Staying Healthy For Life

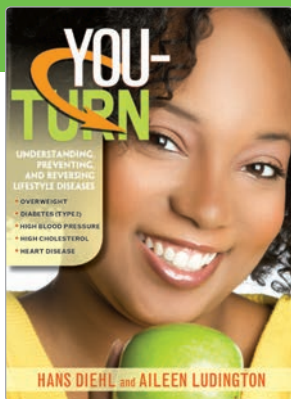
Reading this book will help you know how to better take care of yourself, prevent disease, feel your best, and live a long life.

**US\$3.49** • Quantity pricing available





# WELLNESS



## You-Turn

This little booklet outlines the causes of various lifestyle diseases and offers practical tips on how you can prevent, and even reverse, these debilitating conditions. You deserve good health and it's within your reach!

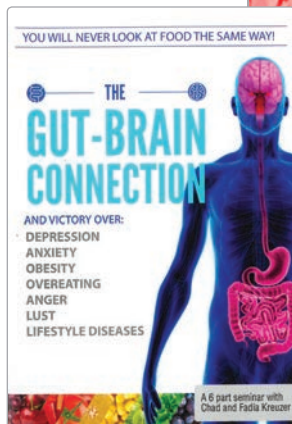
**US\$0.99**

Quantity pricing available

## The Gut—Brain Connection

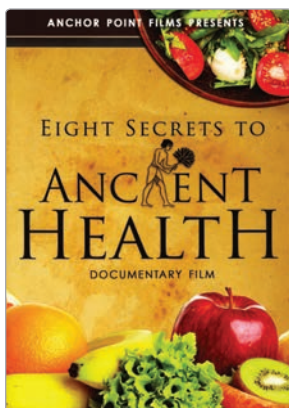
In this 6 volume DVD set you will learn: the best lifestyle to help people combat chronic diseases like diabetes, how to eat till comfortably full and still lose weight, powerful tips to overcome depression, and what you eat can make you happy or depressed.

**US\$49.99** 6 DVD Set



## Eight Secrets to Ancient Health **DVD**

Avoid the health mistakes of the Egyptians. Eat like the Gladiators and the earth's longest living people for optimal fitness—mentally and physically. **US\$19.99**



## Live It **DVD**

From the place where people live the longest in the nation,

comes a health series unveiling the secrets of living a long and healthy life. Each 2–3 minute video health series features simple tips to live healthier and longer.

**US\$4.99**



# KIDS



## Healthy Inside Out: Fun Skits for Kids

Fun skits that will have your children learning about living healthy lives.

**US\$4.99**



## Celebrations! Healthy Inside Out

This book is all about the joy of being healthy inside and out! And the secrets for feeling good and being healthy are: Choices • Exercise • Liquids • Belief • Rest • Air • Temperance: How To Say "No" • Integrity and Optimism: Attitude • Nutrition • Service

**US\$14.99**

## A Musical Journey Book and **CD** Set

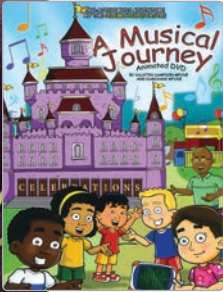
An adventure for kids at the Celebration castle. As they perform this musical drama, kids will learn about making healthy choices. **US\$9.99** Set



## A Musical Journey **DVD**

An animated treat full of exciting adventures as children follow the Pro-Active Kids to Celebration Castle. Kids will learn fun songs about healthy habits, and how to live a healthy lifestyle.

**US\$9.99**



## Say No To Drugs: A Musical Drama

Drug abuse continues to be a big problem in many societies worldwide. By focusing on positive health behaviors and avoiding bad choices this becomes a refreshing and positive preventative message through 10 original songs and a skit.

**US\$9.99** Script book wrapped with 2 **CDs**



## Say No To Drugs **DVD**

Follow the Pro-Active Kids in an amazing adventure as they introduce you to great ideas to *Say No to Drugs!*

**US\$9.99**



# ERNESTINE FINLEY

## Secrets to Wellness

Water. Exercise. Love. Lifestyle. Nutrition. Environment. Sunshine. Sleep. These secrets are neither expensive or complicated. The key to improving health is making positive lifestyle choices. This book tells you what to do and how to do it.

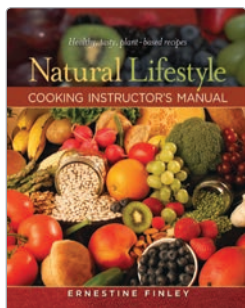
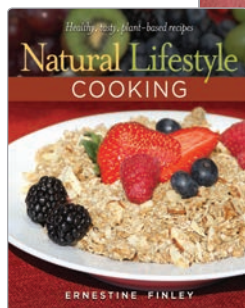
**US\$14.99**



## Natural Lifestyle Cooking Cookbook

Ernestine "Teenie" Finley has conducted hundreds of cooking schools over the years. This book is the accumulation of many of the recipes that have been taste-tested in these schools and in the Finley family kitchen.

**US\$24.99**



## Natural Lifestyle Cooking Instructor's Manual

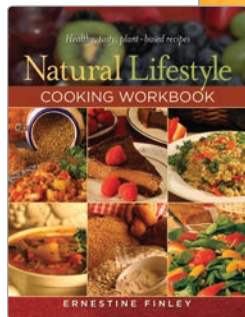
In this informative manual Ernestine Finley shows how you can run a successful cooking school

**US\$19.99**

## Natural Lifestyle Cooking Workbook

Whether you are attending one of Ernestine Finley's Natural Lifestyle Cooking schools or simply looking for a healthy eating resource, this workbook is for you. It is your study guide to living a longer, healthier life.

**US\$10.99**



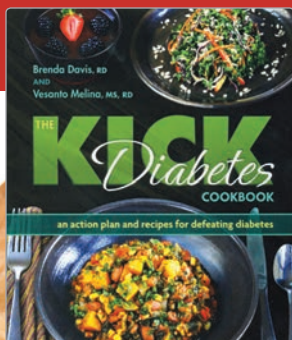
## Natural Lifestyle Cooking **DVD**

Seven presentations that show how to prepare healthy, delicious, and well-balanced plant-based meals. This set could be used for home groups, small churches who want to hold healthful cooking seminars, or just to learn how to cook for your family.

**US\$14.99**



# COOKBOOKS



## Kick Diabetes Cookbook

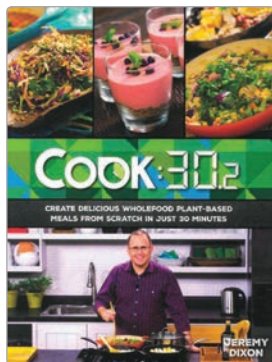
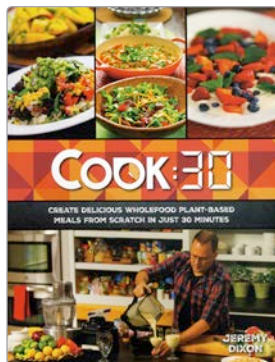
Features over 100 innovative recipes for defeating diabetes.

**US\$19.95**

### Cook 30 and 30.2

Create delicious whole-food, plant based meals from scratch in just 30 minutes

**US\$24.95** Each

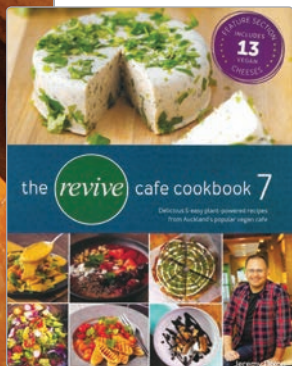


## The Revive Cafe Cookbook 7 **NEW**

Whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours. All recipes in this book are dairy and egg free and most are gluten free. In this cookbook, you will find six delicious sections you will love:

Salads • Hotpots, Soups & Stir Fries • Main Meals • Sides & Flavor Boosters • Vegan Cheeses • Sweet Treats

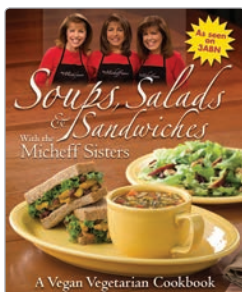
**US\$24.95**



**Revive Cafe Cookbooks** collection • **US\$24.95** each

# COOKBOOKS

From the Micheff Sister's kitchens to yours, Brenda, Cinda, and Linda have put their favorite recipes in these cookbooks that prove good taste and good health do go together.



**Family Favorites with the Micheff Sisters**

**US\$17.99**

**Cooking for Two with the Micheff Sisters**

**US\$16.99**

**Cooking With the Micheff Sisters**

**US\$17.99**

**Soups, Salads & Sandwiches with the Micheff Sisters**

**US\$16.99**

**Cooking Entrees with the Micheff Sisters**

**US\$16.99**

**The Micheff Sisters Cooking With Kellogg's**

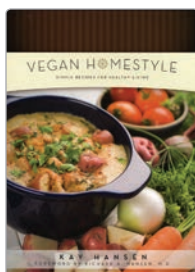
**US\$18.99**

**Vegan Homestyle Cookbook**

Contains more than 240 mouth-watering vegan recipes.

**US\$24.95**

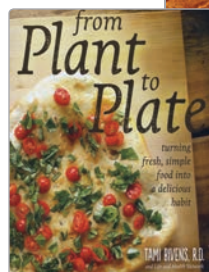
**SALE US\$15.97**



**From Plant to Plate**

Everything you need to know to begin cooking a plant-based diet.

**US\$25.00**



# LIFE MATTERS • SIGNS



## Life Matters

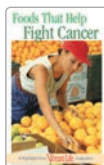
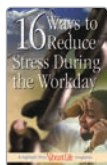
These sharing pieces attractively champion important truths for these difficult times.

- **8 Secrets to Better Health:** Health Secrets
- **Living Longer and Feeling Better:** Health
- **How to Love Your Marriage:** Improving Your Marriage
- **Lose Weight, Feel Great:** Obesity
- **Why Be a Vegetarian:** Healthy Diet
- **The Benefits of Belief:** Faith and Health

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**Vibrant Life Tracts**—So many ways to promote good health! Filled with practical and positive information to help achieve a healthy mind, body and spirit. **US\$8.99** pack of 100

- **16 Ways to Reduce Stress during the Workday**
- **Is Alcohol Really Good For You?**
- **Little Tips to Lose Lots of Weight**
- **Forgiveness: A Key to Better Health**
- **Foods That Help Fight Cancer**
- **Water: The Clear Choice**
- **What You Need to Know About High Blood Pressure**
- **You Can Stop Smoking**
- **Tired of Being Tired?**
- **Walking: Miracle Medicine**
- **The Healing Power of Prayer**
- **Diet & Exercise**



# VIBRANT LIFE® (SPECIAL ISSUES)



Vibrant Life® Special Issues are perfect for health fairs, stop-smoking clinics, cooking schools, etc. Targeted messages will help you connect with someone who has questions about these very topics.

• How to Beat Diabetes	• Heart Matters	<b>US\$2.50</b> 1 – 9
• Hope Is Alive	• How to Stop Smoking	<b>US\$1.75</b> 10 – 99
• Lose Weight and Keep It Off	• Forever Young: The Secrets of Longevity	<b>US\$1.50</b> 100 – 999
• Going Vegetarian		<b>US\$1.25</b> 1000+



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<b>US\$.83</b> 100 – 999
<b>US\$.67</b> 1000+

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### Vibrant Life® Magazine

More than 97 percent of Americans don't have a healthy lifestyle, but you can make a difference. Read Vibrant Life® and share it with others—the information and encouragement can help all of us live a more abundant, vibrant life.

Here are just a few of the topics you'll find in upcoming issues of Vibrant Life®:



- When to see a doctor
- How to improve your health—one small change at a time
- Simple ways to improve your energy, productivity and mood
- How to achieve financial health
- 8 ways to improve your spiritual health
- Simple recipes that are healthy and delicious
- Fun activities to keep your brain healthy

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