

Non-Fiction Titles Only

02 November 2017

Polish

We endeavour to bring you the latest titles as soon as they are available in the Home Countries. Our Booklists are updated and published to our website weekly.

The majority of libraries engage Books Asia on a Supplier Selection basis and provide us with Profiles, Budgets and Timescales. Titles can also be selected and ordered using these Booklists, specifying the Sequence Number and required Quantity.



SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
<b>Titles Published in 2017</b>			( 58 Titles )					Price Before Discounts
72319	Love vegan gotowy jadlospis na 21 dni 21 day fix vegan meal plan	Zakrzewski, Robert	Food and Drink	NF	A	POL	2017	£21.39
72318	Pyszne obiady Family meal recipes	Starmach, Anna	Food and Drink	NF	A	POL	2017	£19.74
72317	Weekend w kuchni Weekend cooking recipes	Wydawnictwo Olesiejuk	Food and Drink	NF	A	POL	2017	£16.47
72316	Salatki i dania z warzyw - zyj zdrowo Healthy, delicious vegetable salad recipes	Goretti, Guziak Maria	Food and Drink	NF	A	POL	2017	£20.32
72315	Smakoterapia Delicious, healthy, vegetarian recipes collection	Zasuwa, Iwona	Food and Drink	NF	A	POL	2017	£26.70
72314	W słoiku przetwory na cały rok Delicacies in a jar - best make-ahead recipes in a jar	Marciniewicz, Kasia	Food and Drink	NF	A	POL	2017	£21.35
72313	Superfood Stay healthy with these superfood recipes	Kordas, Damian	Food and Drink	NF	A	POL	2017	£21.35
72312	Nie t (l)ucz sie dietami A personal guide that will let you lose weight once and for all	Lange, Elzbieta	Health and Fitness	NF	A	POL	2017	£19.74
72311	Zakochaj sie w bieganiu! A beginner's guide to running	Szczypczyńska, Anna	Health and Fitness	NF	A	POL	2017	£21.35
72310	Chudnij z miłoscia do siebie poradnik dla kazdego This guide discusses the next steps of weight loss through proper hydration of the body, cleansing of the digestive system and natural nutrition	Sobieszczuk, Elzbieta	Health and Fitness	NF	A	POL	2017	£16.85
72309	Zycie zero waste zyj bez smieci i zyj lepiej Guide to simplifying your life by reducing your waste	Wagrowska, Katarzyna	House and Home	NF	A	POL	2017	£18.67
72308	Moj spektakularny detoks jak uniac efektu jo-jo Tips to start your detox and cleanse	Szostak, Karolina	Health and Fitness	NF	A	POL	2017	£21.35
72306	Joga prawdziwa praktyka jogasutr droga do szczescia i duchowego spelnienia (True yoga - practicing with the yoga sutras for happiness & spiritual fulfillment) Presents advice on applying the practices of the eight Yoga Sutras to everyday life, leading to inner peace and greater happiness	Lee, Jennie	Health and Fitness	NF	A	POL	2017	£19.78
72305	Nokaut historia bokserki Autobiography - Agnieszka Rylik (Polish boxer)	Rylik, Agnieszka	Biography	NF	A	POL	2017	£21.35
72304	Kajto jade po swoje Autobiography - Kajetan Kajetanowicz (a Polish rally driver. He competes in the European Rally Championship for the Lotos Rally Team)	Kajetanowicz, Kajetan	Biography	NF	A	POL	2017	£20.86
72303	Nie i tak Adam Ferency w rozmowie z Maja Jaszewska Biography - Adam Ferency (a Polish actor. He has appeared in more than 70 films and television shows since 1976. He starred in the 1990 film Burial of a Potato, which was screened in the Un Certain Regard section at the 1991 Cannes Film Festival)	Ferency, Adam	Biography	NF	A	POL	2017	£21.35

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72302	Kobieta nieperfekcyjna Autobiography - Elzbieta Romanowska (a Polish film, television and theater actress. A graduate of the Ludwik Solski Academy for the Dramatic Arts in Wroclaw, she is best known for the Polish TV series Ranczo and 2XL)	Romanowska, Elzbieta	Biography	NF	A	POL	2017	£18.67
72301	Zycie jest wolnoscia (autobiografia) Autobiography - Beata Pawlikowska (Polish journalist)	Pawlikowska, Beata	Biography	NF	A	POL	2017	£21.35
72300	Ciaza fit Pregnancy fitness - safe and effective workouts for pregnant women	Dressler, Gacka Natalia	Child Care	NF	A	POL	2017	£21.37
72299	Jak karmic dzieci by jadly chetnie i zdrowo Nutritional tips - ways to get kids to eat healthy food	Wiszniewska, Natalia	Child Care	NF	A	POL	2017	£18.67
72298	Finskie dzieci ucza sie najlepiej co mozemy zrobic, by nasze dzieci byly szczesliwe, wierzyly w siebie i lubily szkole? (Teach like Finland - 33 simple strategies for joyful classrooms) Easy-to-implement classroom lessons from the world's premier educational system	Walker, Timothy D.	Education	NF	A	POL	2017	£17.60
72297	Nastolatki pod lupa poznaj by zrozumies How to better understand your teen	Piotrowska, Aleksandra	Child Care	NF	A	POL	2017	£21.35
72296	Ratunku! moje dziecko mnie wykonczy poradnik dla zmeczonych rodzicow (Toddlers are a--holes - it's not your fault) Presents a humorous guide to raising a toddler, covering such topics as feeding, potty-training, tantrums, managing the holidays, and how not to die inside	Bunmi, Laditan	Child Care	NF	A	POL	2017	£18.67
72295	Coaching w sytuacji kryzysu jak przekuc trudnosci w dobre doswiadczenie? Turning difficulties into possibilities	Paradowska, Dominika	Self-help	NF	A	POL	2017	£18.67
72294	Duchowosc na co dzien sciezka wspolczesnego mistyka A modern mystic's guide to spiritual power	Wielobob, Maciej	Self-help	NF	A	POL	2017	£18.67
72293	Elastyczne zarzadzanie czasem Flexible time management	Krejca-Pawski, Izabela	Self-help	NF	A	POL	2017	£18.67
72292	Miej umiar Lifestyle changes - tips for happiness and productivity	Knopek, Natalia	Self-help	NF	A	POL	2017	£20.28
72128	Chrzan te diety Dietetic laws - Healthy, delicious recipes collection	Piskala, Agnieszka	Food and Drink	NF	A	POL	2017	£22.74
72127	Kuchnia polska Najlepsze przepisy na smaczne polskie potrawy Polish food & recipes	Opracowanie Zbiorowe	Food and Drink	NF	A	POL	2017	£23.88
72126	Dieta ze smakiem 100 fit przepisow Be fit recipes collection	Paruzel, Kinga	Food and Drink	NF	A	POL	2017	£23.84
72125	Przepisy na szczescie Easy to cook and delicious recipes	Sobczak, Maia	Food and Drink	NF	A	POL	2017	£28.86
72124	Dania i potrawy z makaronem Siostry Marii Pasta and noodle recipes collection	Goretti, Guziak Maria	Food and Drink	NF	A	POL	2017	£23.84
72123	Detoks dla opornych Detox recipes and exercises	Mielczarek, Agnieszka	Health and Fitness	NF	A	POL	2017	£23.84
72122	Luz I tak nie bede idealna Confidence coaching for women	Mindewicz-Puacz, Tatiana	Self-help	NF	A	POL	2017	£22.10
72121	Happy uroda piekno jest w tobie Kasia Bem proposes a 21-day holistic beauty program for body and soul, including: Face Yoga, and a scalp-less diet. In the book reader will also find introduction to respiratory and meditation techniques	Bem, Kasia	Health and Fitness	NF	A	POL	2017	£23.89
72120	Codziennie fit! Marta Hennig - personal trainer, fitness instructor, motor coach, author of DailyFit.com, one of the most popular fitness blog in Poland guides you towards a healthier lifestyle	Hennig, Marta	Health and Fitness	NF	A	POL	2017	£23.84
72119	Skandynawski sekret 10 prostych rad jak zyc szczesliwie i zdrowo (The Nordic guide to living 10 years longer - 10 easy tips to live a healthier, happier life) The Nordic guide to living 10 years longer - 10 easy tips to live a healthier, happier life	Marklund, Bertil	Health and Fitness	NF	A	POL	2017	£22.85

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72118	Idz własna droga Biography - Marek Kaminski (Polish Polar explorer, author, entrepreneur. Kaminski holds the Guinness World Record for being the first person to walk to both the North Pole and the South Pole, solo and unsupported)	Kaminski, Marek	Biography	NF	A	POL	2017	£26.84
72117	Jestem Isia Rozmowa z Agnieszka Radwanska Interview with Agnieszka Radwanska (a Polish professional tennis player. Radwanska achieved a career-high singles ranking of world No. 2 in July 2012 and is currently ranked world No. 11 by the Women's Tennis Association)	Rolak, Artur	Biography	NF	A	POL	2017	£26.29
72116	Moja wizja Biography - Agata Mlynarska (Polish journalist, producer, announcer, TV presenter, actress and polonist)	Mlynarska, Agata	Biography	NF	A	POL	2017	£26.84
72115	Moje szczęśliwe wyspy Memoirs - Magdalena Zawadzka (a Polish stage and film actress. She is the wife of the late actor Gustaw Holoubek and the mother of cinematographer Jan Holoubek)	Zawadzka, Magdalena	Biography	NF	A	POL	2017	£23.84
72114	Panstwo Macron (Les Macron) Biography - Emmanuel Macron (a French politician who is the President of France and ex officio Co-Prince of Andorra. Before entering politics, he was a senior civil servant and investment banker)	Derrien, Caroline	Biography	NF	A	POL	2017	£22.85
72113	Sztuka wychowania czyli jak pomoc dziecku i zadbac o siebie How to raise assertive kids	Wrobel, Agnieszka	Child Care	NF	A	POL	2017	£23.85
72112	Szkola neuronow O nastolatkach, kompromisach i wychowaniu Parenting advice for teenagers	Kaczmarzyk, Marek	Child Care	NF	A	POL	2017	£22.85
72111	Egoizm to nie grzech Pokochaj swoje serce Guide to loving yourself	Skalska, Dagmara	Self-help	NF	A	POL	2017	£22.05
72110	Zycie i 101 przyjaciol The journey of self-discovery - powerful insights about finding yourself and creating change	Liegmann, Krzysztof	Self-help	NF	A	POL	2017	£23.84
71428	Menu swiata Food tourism - delicious foods from different countries around the world	Palkiewicz, Jacek	Food and Drink	NF	A	POL	2017	£17.70
71427	White plate na zdrowie Healthy eating diet & recipes from Plate blog	Morawska, Eliza	Food and Drink	NF	A	POL	2017	£17.74
71426	Badz fit po 40 - To zdrowie i styl zycia Fit and fabulous after 40 - healthy eating & lifestyle guide	Gadula, Dawid	Health and Fitness	NF	A	POL	2017	£16.89
71425	Sportsmama Wroc do formy w 12 tygodni po porodzie How to get your body back in shape in 12 weeks after pregnancy	Roznowska, Aleksandra	Health and Fitness	NF	A	POL	2017	£20.28
71424	Szybki detoks 5 tygodni diety usprawniajacej metabolizm! Fast detox - 5 weeks of metabolism-boosting diet plan	Makarowska, Magdalena	Health and Fitness	NF	A	POL	2017	£17.70
71423	Warto mimo wszystko Pierwszy wywiad rzeka Interview with Anna Dymna (a Polish TV, film and theatre actress. Foundress of a charity foundation Mimo Wszystko)	Dymna, Anna	Biography	NF	A	POL	2017	£18.66
71422	Roman by Polanski Autobiography - Roman Polanski (a French-Polish film director, producer, writer, actor, and convicted statutory rapist. Born in Paris, his Polish-Jewish parents moved the family back to Poland in 1937, when he was four)	Polanski, Roman	Biography	NF	A	POL	2017	£21.76
71421	Joanna Jedrzejczyk - wojowniczką jak stalam sie niezwyoczona Autobiography - Joanna Jedrzejczyk (a Polish mixed martial artist who competes in the women's straw weight division of the Ultimate Fighting Championship)	Jedrzejczyk, Joanna	Biography	NF	A	POL	2017	£17.74
71420	Dobra relacja Skrzynka z narzedziami dla wspolczesnej rodziny Skrzynka z narzedziami dla wspolczesnej rodziny Good relationship toolbox for the modern family	Musial, Malgorzata	Child Care	NF	A	POL	2017	£17.70
71418	Dodaj mi skrzydel! Jak rozwijac u dzieci motywacje wewnetrzna? Strategies to build intrinsic motivation in children	Steinke-Kalemka, Joanna	Child Care	NF	A	POL	2017	£17.70
71417	Dzisiaj rozmawiamy o Pani Inspirational guide - Interviews with the wives of famous Poles who earn professional summits despite living in the shadow of their partners	Nabrdalik, Agnieszka	Self-help	NF	A	POL	2017	£17.70
71416	Z klasa, na luzie - Dobre manieri, zdrowy rozsadek i sztuka lamania zasad Guide to etiquette and modern manners	Jarczyński, Adam	Self-help	NF	A	POL	2017	£18.71

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<b>Titles Published in 2016</b>		<b>( 68 Titles )</b>				<b>Price Before Discounts</b>		
70701	Anna Seniuk Nietypowa baba jestem w rozmowie z corka Magdalena Malecka-Wippich Autobiography - Anna Seniuk (a Polish actress. After World War II, together with other Poles from Stanislawow, she was forced by the Soviet government to leave her hometown, settling in the town of Zator, near Oswiecim)	Seniuk, Anna	Biography	NF	A	POL	2016	<a href="#">£19.52</a>
70700	Robert Lewandowski Fantastyczna dziewczynka Biography - Robert Lewandowski (a Polish professional footballer who plays as a striker for the German club Bayern Munich, and captains the Poland national team)	Slominski, Maciej	Biography	NF	A	POL	2016	<a href="#">£16.63</a>
70699	Wszystko jest po cos 13 universal principles of success	Pirog, Michal	Self-help	NF	A	POL	2016	<a href="#">£19.52</a>
70698	Donald Trump Czlowiek sukcesu (Never enough - Donald Trump and the pursuit of success) Biography - Donald Trump (an American businessman, television personality, politician, and the 45th President of the United States)	D'Antonio, Michael	Biography	NF	A	POL	2016	<a href="#">£21.52</a>
70697	Jedz cwicz chudnij I nie poddawaj sie A woman's guide to losing body fat!	Sosnowska-Szczuka, Aldona	Health and Fitness	NF	A	POL	2016	<a href="#">£19.52</a>
70696	Bieganie dla poczatkujacych i zaawansowanych Running for beginners	Rogoz, Grzegorz	Health and Fitness	NF	A	POL	2016	<a href="#">£17.08</a>
70695	Silna i sexy - Francuski trening dla kazdej z nas Francuski trening dla kazdej z nas (Muscle et Sexy) Body health fitness training guide - strength training for women	Costa, David	Health and Fitness	NF	A	POL	2016	<a href="#">£19.52</a>
70694	Mozg nastolatka Jak przetrwac dorastanie wlasnych dzieci (The teenage brain - a neuroscientist's survival guide to raising adolescents and young adults) In this groundbreaking, accessible book, Dr. Frances E. Jensen, a mother, teacher, researcher, and internationally known expert in neurology, introduces us to the mystery and magic of the teen	Jensen, Frances	Child Care	NF	A	POL	2016	<a href="#">£19.08</a>
70693	Zakupoholizm Jak samodzielnie uwolnic sie od przymusu kupowania? Shopaholic guide for how to overcome compulsive buying and spending	Kucewicz, Katarzyna	Self-help	NF	A	POL	2016	<a href="#">£19.08</a>
70692	Bliznieta Poradnik dla rodzicow The parents' guide to raising twins, from pregnancy to birth	Tkacz, Joanna	Child Care	NF	A	POL	2016	<a href="#">£22.08</a>
70691	Zupy detoks Detox soups recipes to cleanse and revitalize your system	Mijakoska, Urszula	Food and Drink	NF	A	POL	2016	<a href="#">£17.08</a>
70690	Kuchnia rodzinna Family lunch recipes	Wydawnictwo Olesiejuk	Food and Drink	NF	A	POL	2016	<a href="#">£17.13</a>
70689	Zielone koktajle dla zdrowia i urody siostry Marii Remarkable book containing many recipes for cocktails, smoothies and tasty juices	Goretti, Guziak Maria	Food and Drink	NF	A	POL	2016	<a href="#">£18.55</a>
70270	Biomlodosc jak cofnac zegar biologiczny (Bio-young: get younger at a cellular and hormonal level) From a certified nutritionist and scientist, a groundbreaking, easy to follow, all-natural anti-aging program using vitamins, natural oils, and many common foods that will help you look and feel younger	Dillon, Roxy	Health and Fitness	NF	A	POL	2016	<a href="#">£17.08</a>
70269	Ulecz siebie - Naturalne mechanizmy samouzdrawiania Heal yourself - natural mechanisms of self-healing	Strunz, Ulrich	Health and Fitness	NF	A	POL	2016	<a href="#">£19.52</a>
70268	Dzieci madre finansowo (Smart money smart kids - raising the next generation to win with money) Dave Ramsey and Rachel Cruze teach parents how to raise money-smart kids in a debt-filled world	Ramsey, Dave	Child Care	NF	A	POL	2016	<a href="#">£17.08</a>
70267	Woody Allen (biografia) Biography - Woody Allen (an American actor, author, filmmaker, comedian, playwright, and musician, whose career spans more than six decades)	Evanier, David	Biography	NF	A	POL	2016	<a href="#">£19.52</a>
70266	Nie ma rodzicow doskonalych (Il n'y a pas de parent parfait) How to raise happy kids	Filliozat, Isabelle	Child Care	NF	A	POL	2016	<a href="#">£14.63</a>

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70265	Daniel Craig (biografia) (Daniel Craig - the biography)	Marshall, Sarah	Biography	NF	A	POL	2016	£19.52
	Biography - Daniel Craig ( an English actor. He trained at the National Youth Theatre and graduated from the Guildhall School of Music and Drama in 1991, before beginning his career on stage. His film debut was in the drama The Power of One)							
70264	Franciszek - zycie i rewolucja	Pique, Elisabetta	Biography	NF	A	POL	2016	£19.52
	Biography - Pope Francis (the 266th and current Pope of the Roman Catholic Church, a title he holds ex officio as Bishop of Rome, and sovereign of Vatican City. He chose Francis as his papal name in honor of Saint Francis of Assisi)							
70263	Pokretne sciezki dlugodystansowca - Lepsze i gorsze powody, dla ktorych warto biegac (The terrible and wonderful reasons why I run long distances)	Inman, Matthew	Humour	NF	A	POL	2016	£17.08
	Collection of comics and stories about running, eating, napping, and one cartoonist's reasons for running across mountains until his toenails fall off. Contains over 70 pages of never-before-seen comics							
70262	Dziececie menu dla calej rodziny	Cramm, Dagmar von	Food and Drink	NF	A	POL	2016	£15.66
	160 recipes for healthy and tasty meals for the whole family							
69938	Adios kilogramos!	Blazejewska-Stuhr, Katarzyna	Health and Fitness	NF	A	POL	2016	£19.52
	A comprehensive weight loss plan for 90 days							
69937	Co mi dolega	Kropka, Bozena	Health and Fitness	NF	A	POL	2016	£16.10
	Diet and nutrition - promoting healthy eating habits							
69936	Dania i potrawy z drobiu Siostry Marii	Goretti, Guziak Maria	Food and Drink	NF	A	POL	2016	£18.55
	Danish recipes for easy-to-prepare dishes - from chicken, turkey, ducks, geese and many more							
69935	Kuchnia dla serca Zdrowie z roslin	Domaradzka, Violetta	Food and Drink	NF	A	POL	2016	£19.52
	120 plant-based diet recipes collection - plant-based recipes are oil-free, healthy and delicious							
69934	5 lat mlodsza w 5 tygodni	Mielczarek, Agnieszka	Health and Fitness	NF	A	POL	2016	£19.52
	5 years younger in five weeks - how to stay young and happy without plastic surgery							
69933	Sportowe przygody amatora Wspomnienia	Gawlikowski, Wojciech	Health and Fitness	NF	A	POL	2016	£18.59
	Living a healthy lifestyle with sports - Sportive activities bring joy, satisfaction, self-confidence, help to develop a stronger body and mental health							
69932	Barca zlota dekada	Orlowski, Leszek	Sport	NF	A	POL	2016	£19.52
	Learn about the history of the soccer team FC Barcelona							
69931	Przypadki Robert Janowski jakiego nie znacie	Szablowska, Maria	Biography	NF	A	POL	2016	£19.52
	Autobiography - Robert Janowski (singer and presenter)							
69930	Spokojnie to tylko dzieci	Malinowska, Karolina	Child Care	NF	A	POL	2016	£19.52
	How to be a good mom with simple tips							
69929	Gra o czas	Majewska-Opielka, Iwona	Self-help	NF	A	POL	2016	£17.08
	Guide to self-discipline and time management							
69928	Getting things programmed - droga do efektywnosci	Bartyzel, Michal	Self-help	NF	A	POL	2016	£17.08
	How to boost your self-efficacy							
69927	Droga wodza jak orzel w kurniku	Nowak, Tomasz	Self-help	NF	A	POL	2016	£17.63
	Guide on how to spread your wings and fly							
69803	Lemingi 2.0 Schodzimy do podziemia	Krakowski, Jerzy	Humour	NF	A	POL	2016	£14.65
	Satire collection on different themes							
69747	Pytania do zycia - Od teraz kazda zmiana bedzie latwiejsza	Wajda, Alina	Self-help	NF	A	POL	2016	£17.08
	Answers to life's toughest questions							
69746	Kobieto walcz i dopnij swego	Swat, Ewa Anna	Self-help	NF	A	POL	2016	£17.57
	Essential tips to face fear and live a bold life for women							
69745	Szkola macierzynstwa	Wegner-Jeziarska, Magdalena	Child Care	NF	A	POL	2016	£14.63
	Parenting guide							
69744	Nadwaga i otyloscu dzieci	Ziober, A.	Child Care	NF	A	POL	2016	£14.68
	Childhood overweight and obesity							
69743	Cyfrowi rodzice (Media moms & digital dads - a fact-not-fear approach to parenting in the digital age)	Uhls, T. Yalda	Child Care	NF	A	POL	2016	£18.06
	Uhls debunks the myths around media by delving into the extensive body of social science research, proving that our kids are all right, and that parents can and must adapt to help their children thrive in the digital age							

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69742	Franck Ribery Pilkarz z blizna Autobiography - Franck Ribery (a French professional footballer who plays for German club Bayern Munich. He is a former France national team player)	Ribery, Franck	Biography	NF	A	POL	2016	£17.08
69741	Szczerze nie tylko o sobie Autobiography - Jerzy Zelnik (a Polish actor. He has appeared in 57 films and television shows since 1963. He was awarded the Badge of Merit in Culture and Knight's Cross of the Order of Polonia Restituta)	Zelnik, Jerzy	Biography	NF	A	POL	2016	£17.08
69740	Ekozycie pod lupa (All natural - a skeptic's quest for health and happiness in an age of ecological anxiety) Scrutinizes 'all-natural' philosophies to consider the negative aspects of extreme approaches to health care, an investigation that explores potential sources of health-care paradoxes	Johnson, Nathanael	Health and Fitness	NF	A	POL	2016	£19.52
69739	Fitness dla duszy Ways to practice fitness for the soul	Maciejko, Kamila	Health and Fitness	NF	A	POL	2016	£17.08
69738	Pokochoj swoje ciało Egoizm to nie grzech! Restore your health and vitality	Skalska, Dagmara	Health and Fitness	NF	A	POL	2016	£17.08
69737	90-dniowy program dla mezczyzn (Fit ohne Gerate - die 90-Tage-Challenge fur Manner) 90 day workout plan for men	Lauren, Mark	Health and Fitness	NF	A	POL	2016	£19.52
69736	Japonki nie tyja i sie nie starzeja (Japanese women don't get old or fat - secrets of my mother's Tokyo kitchen) Japanese-born Moriyama reveals the key to the enduring health and beauty of Japanese women. The Japanese eat one of the most delicious, nutritious, and naturally satisfying cuisines in the world	Moriyama, Naomi	Food and Drink	NF	A	POL	2016	£17.08
69735	Zdrowy detoks Detox recipes - from smoothies and breakfast ideas to light lunch and healthy dinner dishes packed with fresh fruit and veg	Jarosz, Ewa	Food and Drink	NF	A	POL	2016	£17.08
69734	Kaszomaniak Tastiest oat groats recipes collection	Jackowska, Wanda	Food and Drink	NF	A	POL	2016	£14.63
69733	Chia (Chia - the complete guide to the ultimate superfood) This definitive work covers the history and benefits of Chia, and features a comprehensive daily strategy for weight loss, plus delicious recipes	Pedersen, Stephanie	Health and Fitness	NF	A	POL	2016	£18.06
69494	Wielka ksiega zdrowego odzywiania i medycyny prosto z natury (Ma bible de la sante nature) Complete guide to diet and nutritional medicine	Dufour, Anne	Health and Fitness	NF	A	POL	2016	£21.13
69492	Ocalic Ofelie (Reviving Ophelia - saving the selves of adolescent girls) Dr. Pipher, a psychologist, has worked with adolescent girls for more than a decade. Her conversations with them have prompted her to wonder why more and more teen-aged girls are falling prey to depression, eating disorders and chemical addictions	Pipher, Mary	Child Care	NF	A	POL	2016	£18.15
69491	Zejdz z wagi (Walk off the weight - fitness, nutrition, anti-aging - 21 days is all it takes) Lose weight, tone up, and look younger in just three weeks. Walk yourself to the fittest and healthiest version of yourself. Simply follow the exercise instructions and the eating plan on each day	Wyndham-Read, Lucy	Health and Fitness	NF	A	POL	2016	£16.63
69420	Alkaliczny detoks Alkaline diet recipes - Flush out toxins from your body and balance your health naturally by incorporating these top detoxing foods	Sokolowska, Beata	Health and Fitness	NF	A	POL	2016	£19.08
69419	Koktajle Zdrowo smacznie wyjatkowo Tasty, healthy, non-alcoholic cocktail recipes	Blazejewska, Katarzyna	Food and Drink	NF	A	POL	2016	£18.06
69418	Zupy Bio-active foods and soups	Dyk, Anna	Food and Drink	NF	A	POL	2016	£17.08
69417	Diet coaching How to eat out and still lose weight	Mijakoska, Urszula	Health and Fitness	NF	A	POL	2016	£17.08
69416	Jak schudnac po 40? Guide on how to lose weight after 40	Mielczarek, Agnieszka	Health and Fitness	NF	A	POL	2016	£21.06
69415	Przepis na bieganie Zdrowa dieta dla aktywnych Runner's guide - nutrition basics	Majewska, Malgorzata	Health and Fitness	NF	A	POL	2016	£18.06
69414	Nienasycony Robert Lewandowski Biography - Robert Lewandowski (a Polish professional footballer who plays as a striker for German club Bayern Munich, and captains the Poland national team.)	Wilkowicz, Pawel	Biography	NF	A	POL	2016	£22.52

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
69413	Krystyna Janda - Pani zyskuje przy bliższym poznaniu Biography - Krystyna Janda (a Polish film and theater actress best known, in the West, for playing leading roles in several films by Polish director Andrzej Wajda, including Man of Marble and Man of Iron)	Janda, Krystyna	Biography	NF	A	POL	2016	£25.02
69412	Kombi Słodkiego milego życia (Prawdziwa historia) Kombi - a musical band from Poland, founded in 1969 in Gdansk by Sławomir Losowski	Losowski, Sławomir	Music	NF	A	POL	2016	£21.52
69411	Mamy z innej planety Stories of women who gave birth to a disabled child	Straczek, Krystyna	Child Care	NF	A	POL	2016	£19.08
69410	Tata w budowie Felietony o tym, jaki być ojcem i zwirować (ze szczęścia) Dad-to-be and early fatherhood - the essentials for new dads	Tomasz, Bulhak	Child Care	NF	A	POL	2016	£22.52
69409	Macierzyństwo bez photoshopa How your body changes during and after pregnancy	Dawid-Mroz, Małgorzata	Child Care	NF	A	POL	2016	£17.08
69408	Alchemia kariery kobiety - Daj sobie drugą szansę Career Alchemy for women provides convenient, affordable and effective career coaching	Stawska, Magda	Self-help	NF	A	POL	2016	£17.08
69407	Czas to pieniądź, . Jak oszczędzać czas i pieniądze? Clever money management - easy strategies to help you save time and money	Pietraszek, Marcin	Self-help	NF	A	POL	2016	£17.08
69406	Odkryj siebie, czyli jak wykorzystać potencjał swój i organizacji How to exploit the potential of your business	Zagozdzon, Robert	Business and Mana	NF	A	POL	2016	£19.08
<b>Titles Published in 2015</b>				<b>( 67 Titles )</b>				<b>Price Before Discounts</b>
68677	Rzecz o naszych matkach Guide on how to improve your mother daughter relationship	Zak, Piotr	Child Care	NF	A	POL	2015	£16.47
68635	Klub 50+ How to be attractive at the age of 50+ (Woman after the age of 50 can be attractive, confident, loved, well-groomed, and can undertake challenges and fulfill dreams)	Bojarska-Ferenc, Mariola	Health and Fitness	NF	A	POL	2015	£19.08
68634	Jedz zdrowo ćwicz z głową Rational diet - how should we eat to stay fit and healthy	Kwasniewska, Jolanta	Health and Fitness	NF	A	POL	2015	£19.52
68633	Kuchnia dla biegaczy - Siła roślin Quick and easy heart-healthy recipes	Domaradzka, Violetta	Food and Drink	NF	A	POL	2015	£19.08
68632	Badz kozakiem Exercise, workout, and fitness - From weight training to healthy exercise programs, find health and fitness information for a healthy lifestyle	Kozakiewicz, Władysław	Health and Fitness	NF	A	POL	2015	£18.12
68631	Paparuchy kontra Ryje Celebryci made in Poland Journalistic stories about people from the front pages of newspapers	Potkaj, Tomasz	Society	NF	A	POL	2015	£18.08
68630	Joga dla całej rodziny Yoga for the whole family	Jakubik-Hajdukiewicz, Joanna	Health and Fitness	NF	A	POL	2015	£16.63
68629	Cel: Andrzej Duda Przemysł pogardy kontra prezydent zmiany Biography - Andrzej Sebastian Duda (a Polish lawyer and politician, since 2015 serving as the sixth President of Poland. Before the 2015 elections, he was a lawyer and a Member of the European Parliament)	Kmieciak, Sławomir	Biography	NF	A	POL	2015	£18.13
68628	Kierunek szczęście A guide to personal happiness	Bubrowiecki, Andrzej	Self-help	NF	A	POL	2015	£17.08
68627	Małe kroki Codzienne inspiracje dla mam (Small steps for Catholic moms - your daily call to think, pray, and act) Small Steps for Catholic Moms gives busy mothers a year's worth of sustenance, in the form of brief daily challenges about which to think, pray, and act	Bean, Daniel	Child Care	NF	A	POL	2015	£19.13
68626	3 proste kroki do zdrowia i długowieczności (Eat move sleep - how small choices lead to big changes) New York Times bestselling author Tom Rath delivers a book that will improve your health for years to come in three of interconnected areas: eating, moving, and sleeping	Rath, Tom	Health and Fitness	NF	A	POL	2015	£19.52

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
68624	Ja kontra bas Biography - Jerzy Stuhr (one of the most popular, influential and versatile Polish film and theatre actors. He also works as a screenwriter, film director and drama professor)	Stuhr, Jerzy	Biography	NF	A	POL	2015	£17.08
68623	Monika Kuszynska Drugie zycie Biography - Monika Kuszynska (a Polish singer and songwriter)	Przybyszewska, Katarzyna	Biography	NF	A	POL	2015	£19.57
68620	Artystyczne smaki - z milosci do kuchni How to eat well without spending too much time in the kitchen	Kopcza, Anna	Food and Drink	NF	A	POL	2015	£24.42
68619	Bezglutenowa cukiernia Gluten-free dessert recipes	Czelej, Anna	Food and Drink	NF	A	POL	2015	£17.08
68618	22 dniowa rewolucja (The 22 day revolution - the plant-based program that will transform your body, reset your habits, and change your life) The 22 day revolution plant-based program that will transform your body, reset your habits, and change your life	Borges, Marco	Health and Fitness	NF	A	POL	2015	£19.52
68617	Stres na detoksie - jedz i czuj sie dobrze ze soba Healthy eating and ways to deal with emotions and eating habits	Mijakoska, Urszula	Health and Fitness	NF	A	POL	2015	£18.08
68616	Nie tylko chusta (Beyond the sling - a real-life guide to raising confident, loving children the attachment parenting way) The author describes how she forged positive relationships with her sons through Attachment Parenting practices, sharing advice on how to address a child's needs without resorting to pop culture trends	Bialik, Mayim	Child Care	NF	A	POL	2015	£17.08
68219	Fernando Torres (Fernando Torres - Liverpool's number 9) Biography - Fernando Torres (a Spanish professional footballer who plays as a striker for La Liga club Atletico Madrid, on loan from Serie A club Milan)	Cruise, Ian	Biography	NF	A	POL	2015	£19.97
68218	Ja, Fronczewski Autobiography - Piotr Fronczewski (a Polish actor and singer. As a fictional character Franek Kimono he issued a disco LP in 1983 which was meant to be a musical joke but turned out to be a great success)	Fronczewski, Piotr	Biography	NF	A	POL	2015	£18.46
68217	Didier Drogba legenda Chelsea (Didier Drogba - portrait of a hero) Biography - Didier Drogba (an Ivorian professional footballer who plays as a striker for Canadian MLS club Montreal Impact. He is the all-time top scorer and former captain of the Ivory Coast national team)	McShane, John	Biography	NF	A	POL	2015	£19.97
68216	5 Seconds of Summer (Hey, let's make a band!) Popular Australian punk rock band - 5 Seconds of Summer	Fog, Marek	Music	NF	J	POL	2015	£23.13
68215	Karolina odNowa Anti-aging food recipes	Szacillo, Karolina	Food and Drink	NF	A	POL	2015	£16.19
68214	Piec przemian na polskim stole Five element food and recipes	Puchacz, Katarzyna Maria	Food and Drink	NF	A	POL	2015	£16.47
68213	Jedz pysznie bez pszenicy A deliciously healthy gluten-free meal plan to cater for all your nutritional needs	Makarowska, Magdalena	Food and Drink	NF	A	POL	2015	£19.46
68212	Glodni zmiany zrezygnuj z diety (Hungry for change - ditch the diets, conquer the cravings, and eat your way to lifelong health) A practical, prescriptive guide to help you transform your eating habits and change your life	Laurentine ten Bosh	Health and Fitness	NF	A	POL	2015	£18.15
68211	Badz fit Over 200 various exercises, 60 recipes based on seasonal products and advice for good health and great mood	Aleksandra, Zelazo	Health and Fitness	NF	A	POL	2015	£19.46
68210	Najlepsze lekarstwo to my! (Le meilleur medicament, c'est vous!) Simple do-it-yourself home remedies for better health and healing. Reveals easy steps to boost immunity and address common ailments like allergies, sleep disorders, cardiovascular problems, sexual dysfunction, and excess weight	Saldmann, Frederic	Health and Fitness	NF	A	POL	2015	£19.12
68209	Zostan FIT nowa ty w 180 dni Get fit in 180 days	Natalia, Gacka	Health and Fitness	NF	A	POL	2015	£18.48
68193	Sposoby Francuzek na urode (My natural beauty book) How to maintain good physical fitness, beauty and health	Ghesquiere, Anne	Health and Fitness	NF	A	POL	2015	£16.47



SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
68192	Detoks cukrowy jak stracic na wadze (The sugar detox - lose weight, feel great, and look years younger)	Alpert, Brooke	Health and Fitness	NF	A	POL	2015	£18.07
	A diet heavy in sugar can create a host of health problem, and promotes wrinkles, dry skin, and breakouts. This program, starting with a three-day plan to break your dependence on sugar, will help you rejuvenate from the inside out							
68191	Nie strach sie bac (The opposite of worry - the playful parenting approach to childhood and fears)	Cohen, Lawrence	Child Care	NF	A	POL	2015	£18.00
	Lawrence J. Cohen, Ph.D., explains how to help children overcome anxiety and fear, and embrace connection, trust, and joy							
68190	Zgodne rodzenstwo Jak wspierac dzieci	Minge, Natalia	Child Care	NF	A	POL	2015	£15.97
	Sibling rivalry - Find out how to promote healthy sibling relationships							
68189	Grzeczne dziecko Poradnik dla madych rodzicow (No-drama discipline - the whole-brain way to calm the chaos and nurture your child's developing mind)	Siegel, Daniel J.	Child Care	NF	A	POL	2015	£19.46
	The authors offer a practical roadmap to effective, productive, and more peaceful discipline, highlighting the fascinating and important connection between the way a parent reacts to misbehavior							
68188	Pamietnik dziecka (The interpersonal world of the infant - a view from psychoanalysis and developmental psychology)	Stern, Daniel N.	Child Care	NF	A	POL	2015	£16.15
	Noted psychiatrist Daniel Stern brings together exciting new research on infants and the insights of psychoanalysis to offer an original theory of how humans create a sense of themselves and other							
68187	Dlaczego Francuskie dzieci nie pyskuja (Why French children don't talk back)	Crawford, Catherine	Child Care	NF	A	POL	2015	£17.97
	Why French Children Don't Talk Back is a witty and insightful look at how the French manage to bring up obedient, well-adjusted kids. It occupies a pragmatic place on the book shelf and in life - an anti-Tiger Mother approach to parenting							
68186	Autoterapia pokonaj problemy, stres i leki	Staniek, Magdalena	Self-help	NF	A	POL	2015	£18.15
	How to overcome fear, sadness and anger							
68185	Bycie milym to przeklenstwo	Marson, Jacqui	Self-help	NF	A	POL	2015	£17.15
	Tips for saying 'no' effectively							
68184	Automotywacja odkryj w sobie sile	Jankowska, M.	Self-help	NF	A	POL	2015	£18.15
	Internal motivation to act (learning languages and sport, etc)							
67998	Niezapracowani	Nowicki, Filip	Business and Mana	NF	A	POL	2015	£16.19
	Guide on ow to make your business dream a reality and go on vacation 7 times a year							
67997	100 happydays czyli jak sie robi szczescie	Grzesiak, Mateusz	Self-help	NF	A	POL	2015	£18.46
	Ways to create your own happiness in 100 days							
67996	Zarzadzanie soba	Kozyra, Beata	Self-help	NF	A	POL	2015	£20.77
	A guide to self-management							
67995	Tworcza odwaga (Creative confidence - unleashing the creative potential within us all)	Kelley, Tom	Business and Mana	NF	A	POL	2015	£20.77
	David and Tom Kelley identify the principles and strategies that tap into creative potential							
67993	Facet 2.0 (Man 2.0 engineering the alpha)	Romaniello, John	Self-help	NF	A	POL	2015	£18.50
	You have the chance to achieve greatness. There is no limit to what you are capable of doing. If you feel limited by your out-of-shape body, your health problems, or your age - it's time to take charge, step up, and become the man you were born to be							
67992	Wychowanie do szczescia	Majewska-Opielka, Iwona	Child Care	NF	A	POL	2015	£18.46
	Healthy parenting is not easy. Get some tips on good parenting and how to raise a healthy, happy child							
67991	Nadzieja na nowe zycie	Kuczmierowska, Justyna	Child Care	NF	A	POL	2015	£16.15
	Advice on ways to cope with fertility problems - also includes unexplained infertility success stories							
67990	In vitro	Pawelec, Bogda	Child Care	NF	A	POL	2015	£18.50
	Fertility treatment - in vitro fertilisation (IVF) - IVF success stories and tips from fertility treatment patients							
67989	Wychowanie w mocy ducha (Parenting your infant / toddler by the Spirit - yes, you can lay the foundation for a Godly character)	Hohnberger, Sally	Child Care	NF	A	POL	2015	£16.19
	You can lay the solid foundation of an upright character in the heart of your infant and toddler. How? Through parenting by the Spirit!							

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
67988	Intuicyjne rodzicielstwo (The child within the lotus - human behaviour from birth)	Stephenson-Meere, Margaret	Child Care	NF	A	POL	2015	£18.37
	Blending western knowledge with eastern wisdom, this book tells how to nurture your child both physically and spiritually through various stages of growth. It explains normal age appropriate behaviour from birth to eight years old and beyond							
67987	Zly chlopiec	Linda, Boguslaw	Biography	NF	A	POL	2015	£21.70
	Autobiography - Boguslaw Linda (a Polish actor known from films such as Psy and Tato. He appeared in Andrzej Wajda's Man of Iron and Danton and in Krzysztof Kieslowski's Blind Chance and the seventh episode of Kieslowski's Dekalog)							
67986	Ewa Blaszczyk - Lubie zyc!	Blaszczyk, Ewa	People and Places	NF	A	POL	2015	£18.50
	Interviews collection of Ewa Blaszczyk (a Polish actress. She has made over 35 appearances in film and television. She starred in the 1980s TV series Zmiennicy.)							
67985	Cpalem chlalem i przetrwalem	Malenczuk, Maciej	Biography	NF	A	POL	2015	£18.46
	Biography - Maciej Malenczuk (a Polish singer, guitarist, poet, former leader of music groups Pudelsi and Homo Twist. He performed as a guest with Behemoth and was a judge in the 3rd Season of the Polish edition of the Idol series)							
67984	Kuba (autobiografia)	Domagalik, Malgorzata	Biography	NF	A	POL	2015	£18.50
	Autobiography - Jakub Blaszczykowski (a Polish footballer who plays as a winger for Italian club Fiorentina on loan from German club Borussia Dortmund. He was the captain of the Poland national football team when they hosted UEFA Euro 2012)							
67983	Chlopaki niech placza	Lubaszko, Olaf	Biography	NF	A	POL	2015	£18.46
	Biography - Olaf Lubaszko (a Polish actor and film director. He's a son of Edward Linde-Lubaszko, who is an actor of German and Swedish descent and Asja Lamiugina, a Russian actress)							
67982	Spectrum czuj sie lepiej zyj dluziej (The spectrum - a scientifically proven program to feel better, live longer, lose weight, and gain health)	Ornish, Dean	Health and Fitness	NF	A	POL	2015	£20.77
	Introduces a practical nutritional, lifestyle, and health program that can be customized to suit the individual requirements of any family situation							
67981	Optymalna dieta dla biegaczy (Nutrition for runners)	Galloway, Jeff	Health and Fitness	NF	A	POL	2015	£18.46
	Running nutrition guide							
67980	Detoks ciala i umyslu	Trojanowska, Ewa	Health and Fitness	NF	A	POL	2015	£16.15
	Tips for good health and wellbeing							
67979	Alkaliczny styl zycia	Sokolowska, Beata	Health and Fitness	NF	A	POL	2015	£16.15
	Alkaline diet for optimum health - restore your health by creating pH balance in your diet							
67978	Lekkosc chudnij pysznie	Starmach, Anna	Health and Fitness	NF	A	POL	2015	£18.46
	Collection of 60 light and healthy recipes, 15 exercises to make your torso and legs thinner							
67977	200 tajemnic naturalnej zdrowej kuchni (200 surefire ways to eat well & feel better)	Rodriguez, Judith	Health and Fitness	NF	A	POL	2015	£16.19
	A collection of healthy choices in eating and lifestyle that can be made throughout the day in any situation! Dr. Rodriguez shows you how a series of small steps implemented in your everyday life can be the key to controlling weight and wellbeing							
67976	Doradca smaku 2 Volume 2	Moran, Michel	Food and Drink	NF	A	POL	2015	£16.15
	More than 80 mouthwatering recipes for home cooks							
67975	Happy detoks	Bem, Kasia	Food and Drink	NF	A	POL	2015	£18.50
	Guide to healing and prevention through nutrition for women - Offering an abundance of practical tips and recipes for optimal eating and living							
67974	I jak tu nie jesc!	Sadowska, Beata	Food and Drink	NF	A	POL	2015	£18.46
	Healthy eating is about eating smart. Transform your eating habits with these easy tips written by well-known journalist							
67973	Najwieksze skarby naszej cywilizacji	Pawlikowska, Beata	Health and Fitness	NF	A	POL	2015	£16.15
	Health and nutrition advice - healthy recipes and lifestyle tips							
67931	Nad jeziorem bialym (The white Lake - fighting for a free press, justice, and a place to call home in the new Poland)	Borrell, John	Biography	NF	A	POL	2015	£16.19
	Biography - John Borrell (The White Lake is an unforgettable read by a determined man who refused to compromise)							
67907	Lzy ksizniczki (Princess more tears to cry - the world's most beloved Saudi princess speaks out about the struggle for women's rights in the kingdom)	Sasson, Jean	Biography	NF	A	POL	2015	£18.04
	This fascinating insight will include personal stories of triumph and heartbreak, as told to Princess 'Sultana', her eldest daughter, and author Jean Sasson. Each of these stories will offer the reader a glimpse into different aspects of Saudi society							
67898	Co, Gocha? z bloga Malgorzaty Kalicinskiej	Kalicinska, Malgorzata	Biography	NF	A	POL	2015	£17.54
	Biography - Malgorzaty Kalicinskiej							

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<b>Titles Published in 2014</b>			<b>( 82 Titles )</b>				<b>Price Before Discounts</b>	
68622	Pawel Kukiz czlowiek bezkompromisowy Biography - Pawel Kukiz (a Polish singer, actor, and activist. He is the leader of Kukiz'15, a political party campaigning for single-member districts, and was a candidate in the 2015 presidential election)	Preger, Ludwika	Biography	NF	A	POL	2014	£16.63
68621	5-minutowe ciasta z kubka (5-minute mug cakes - nearly 100 yummy microwave cakes) Provides recipes for nearly one hundred mug cakes that can be cooked in under five minutes, including breakfast cakes, fruity cakes, two hundred calories or less cakes, and gluten-free cakes	Lee, Jennifer	Food and Drink	NF	A	POL	2014	£16.63
66352	Wieslaw Michnikowski - Tani dran Biography - Wieslaw Michnikowski (one of the leading figures of Polish cabaret and stage)	Michnikowski, Wieslaw	Biography	NF	A	POL	2014	£20.75
66348	Marek Piekarczyk - Zwierzenia kontestatora Autobiography - Marek Piekarczyk (A surprising, poignant and humorous journey through time with one of the most important Polish artists of the last 35 years)	Piekarczyk, Marek	Biography	NF	A	POL	2014	£22.88
66347	Pyszne - Na kazda okazje Anne Starmach reveals simple recipes for dishes that delight. And furthermore, advice on organizing work in the kitchen, whether you should invest in a good knife, how long to keep the products in the freezer, and more	Starmach, Anna	Food and Drink	NF	A	POL	2014	£18.15
66346	Pyszne 25 - Nowa porcja przepisow Anna Starmach, a judge on the Polish edition of 'MasterChef' - brings fragrant recipes for appetizers, fresh salads, sweet desserts and delicious main courses	Starmach, Anna	Food and Drink	NF	A	POL	2014	£18.15
66345	Religa - Czlowiek z sercem w dloni Biography - Professor Zbigniew Religa (whose dreams led to the first heart transplant, helped create an artificial ventricle and built a team that is working on the implementation of its greatest dreams: artificial heart)	Osiecki, Jan	Biography	NF	A	POL	2014	£23.40
66344	Religa - Biografia najslynniejszego polskiego kardiochirurga Biography - Zbigniew Religa (was a prominent Polish cardiac surgeon and politician)	Kortko, Dariusz	Biography	NF	A	POL	2014	£23.40
66319	Wyspa na prerii Author's travelogue - covering Arizona	Cejrowski, Wojciech	Travel and Tourism	NF	A	POL	2014	£23.40
65025	Bieganie od rekreacji do maratonu (Complete running and marathon book) Includes tips that can help you to gain a vital competitive edge, from goal-setting and motivation to running psychology and race tactics. This book helps you assess and develop your technique under clear no-nonsense guidance	Thurgood, Glen	Health and Fitness	NF	A	POL	2014	£24.49
65023	Idealna sylwetka Moj tajny przepis na prosta, szybka i trwala utrate wagi (Slim for life - my insider secrets to simple, fast, and lasting weight loss) Biggest Loser trainer Jillian Michaels offers a no-nonsense, insider's plan to stop battling your weight and slim down for life	Michaels, Jillian	Health and Fitness	NF	A	POL	2014	£21.25
65021	Jak schudnac 25kg lekko, latwo i przyjemnie Aneta's inspirational weight loss journey - secrets for losing 25kgs	Sladowska, Aneta	Health and Fitness	NF	A	POL	2014	£17.68
65019	Joga na czas ciazy i porodu Przygotowanie do naturalnych narodzin (The yoga birth method - a step-by-step guide for natural childbirth) Plan a childbirth that's calm, natural, and self-empowered! By applying the wisdom of yoga through the stages of pregnancy and labor, Guerra shows you an eight-step pathway for connecting with your mind, body and spirit from start to finish	Guerra, Dorothy	Child Care	NF	A	POL	2014	£19.65
65017	Sprawnosc, sila, witalnosc - jak CrossFit zmienil moje zycie (Inside the box) In Inside the Box, veteran journalist and marathoner T.J. Murphy goes all in to expose the gritty, high-intensity sport of CrossFit	Murphy, T. J.	Health and Fitness	NF	A	POL	2014	£19.95
65015	7 sposobow wychowania dzieci 7 ways to educate children	Römer, Felicitas	Child Care	NF	A	POL	2014	£15.58
65013	Dziecko dzien po dniu (Bebe day by day - 100 keys to French parenting) 100 keys to French parenting	Druckerman, Pamela	Child Care	NF	A	POL	2014	£15.06
65011	Dziecko bez kosztow Easy-to-use parenting guide	Cozza, Giorgia	Child Care	NF	A	POL	2014	£18.65
65009	Duchowy swiat dzieci - jak wspierac ich wewnetrzny rozwoj od pierwszych chwil zycia (Nurturing your child's inner life. Help your child find peace, harmony and purpose) The spiritual development of the child is not usually seen as a major factor in his development. Mary Ellen Maunz corrects this oversight by showing us how to nurture the child's spirituality at its source	Maunz, Mary Ellen	Child Care	NF	A	POL	2014	£19.95

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
65007	Dasz rade! O pokonywaniu uzaleznien Treatment by understanding, coping with and overcoming addiction	Prewecka, Karolina	Self-help	NF	A	POL	2014	£18.70
65005	Gadu - gadu (How to talk to absolutely anyone - confident communication in every situation) How to Talk to Absolutely Anyone, shows you exactly how to develop better communication for better results. With Mark Rhodes' sound advice you will be able to build rapport with absolutely anyone	Rhodes, Mark	Self-help	NF	A	POL	2014	£18.65
65003	10 sposobow na zolze w pracy (Mean girls at work - how to stay professional when things get personal) Offers females advice on handling women-to-women relationships in the workplace, discussing how to transform toxic relationships into mutually beneficial ones	Elster, Kathi	Self-help	NF	A	POL	2014	£19.97
65001	Babskie fanaberie (czyli W cholere z tym wszystkim) Ways to tune-in to your inner truth	Witowska, Ania	Self-help	NF	A	POL	2014	£17.01
64999	Emocjonalne wampiry w pracy (Emotional vampires at work - dealing with bosses and coworkers who drain you dry) Shows you how to spot and deal effectively with these dysfunctional elements in the workplace: Antisocials, Histrionics, Narcissists, Obsessive-compulsives, Paranoids, and Vampire Culture	Bernstein, Albert	Self-help	NF	A	POL	2014	£21.21
64997	Burgery - Wszystkie smaki Homemade burger recipes	Cauvin, Veronique	Food and Drink	NF	A	POL	2014	£16.54
64995	Gotuj z Kuchnikiem poleca Kinga Paruzel Healthy diet recipes, menus and tips	Wydawnictwo Martel	Food and Drink	NF	A	POL	2014	£18.18
64993	500 przepisow - Kuchnia wloska (500 Italian recipes) Comprehensive collection of 500 authentic Italian recipes	Kucharczyk, Elzbieta	Food and Drink	NF	A	POL	2014	£18.65
64991	Ksiegowka w kuchni Bon - zur przepisy finalistki Masterchefa Quick and easy recipes	Ozga, Maria	Food and Drink	NF	A	POL	2014	£22.34
64989	Kasze - polska specjalnosc Oat groats recipes (Groats - a whole grain and the least processed form of oats)	Chomicz, Aleksandra	Food and Drink	NF	A	POL	2014	£17.14
64985	Colin Firth - zostac krolem (Colin Firth: the man who would be king) Biography - Colin Firth (an English film, television, and theatre actor. He has received an Academy Award, a Golden Globe, two BAFTAs and three Screen Actors Guild Awards, as well as the Volpi Cup)	Monetti, Sandro	Biography	NF	A	POL	2014	£21.29
64983	Dymna Biography - Anna Dymna (a Polish TV, film and theatre actress. Foundress of a charity foundation Mimo Wszystko (Against the Odds))	Baniewicz, Elzbieta	Biography	NF	A	POL	2014	£29.97
64981	Fighter - autobiografia Autobiography - Tomasz Adamek (a Polish professional heavyweight boxer. He is a former WBC Light Heavyweight Champion and former IBF, IBO & The Ring Cruiserweight Champion, and IBF North American Heavyweight champion)	Adamek, Tomasz	Biography	NF	A	POL	2014	£22.30
64979	104 pielgrzymki Jana Pawla II 104 pilgrimage of John Paul II	Jelonek, Tomasz	Religion	NF	A	POL	2014	£26.45
64945	Jej Afghanistan - historia zlnierza w spodnicy The Afghanistan is a picture of the war through the eyes of the Polish women serving the combat mission in Iraq	Pilor, Magdalena	Society	NF	A	POL	2014	£19.97
64943	Dar z Bretanii (A gift from Brittany - a memoir of love and loss in the French countryside) Memoirs - Marjorie Price	Price, Marjorie	Biography	NF	A	POL	2014	£18.65
64579	MASA o kobietach polskiej mafii Who were the mothers, wives and mistresses of Polish gangsters? This book collects some shocking stories of the women in the shadows of the mafia	Sokolowski, Jaroslaw	Crime	NF	A	POL	2014	£18.70
64561	Znaki szczegolne Memoirs - Paulina Wilk	Wilk, Paulina	Biography	NF	A	POL	2014	£18.65
62241	I jak tu nie biegac Beata Sadowska's inspiring account of running. Sadowska offers a welcome alternative, with practical tips on how to both start and keep running naturally	Sadowska, Beata	Health and Fitness	NF	A	POL	2014	£21.25
62239	Karolina na detoksie oczyszczanie organizmu w 7 dni 7 day detox - weight loss diet plan	Szacillo, Maciej	Health and Fitness	NF	A	POL	2014	£18.69

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
62237	Dieta 8-godzinna obserwuj znikajace kilogramy bez patrzenia na to co jesz (The 8 hour diet - watch the pounds disappear without watching what you eat!)	Zinczenko, David	Health and Fitness	NF	A	POL	2014	£21.25
	Focuses on a diet of 8 critical, nutrient-rich Super foods to be eaten only within an 8-hour window each day. Readers will additionally find motivating strategies, cheating tips for those days when an 8-hour schedule is impossible							
62235	Bieganie jest proste	Mizera, Krzysztof	Health and Fitness	NF	A	POL	2014	£16.05
	Getting started with running can feel overwhelming to a beginner runner. Here are some of the basics about running to help you get started							
62233	Badz FIT Zaczynj swój trening z Mariuszem Czerkawskim	Czerkawski, Mariusz	Health and Fitness	NF	A	POL	2014	£18.65
	Exercise training programs and fitness workouts							
62231	Dziecko dla odwaznych szkola przetrwania	Talko, Leszek	Child Care	NF	A	POL	2014	£21.00
	Parents and their role in the upbringing of children							
62229	Maly tyran jak madrze kochac dziecko (Der kleine tyrann)	Prekop, Jirina	Child Care	NF	A	POL	2014	£17.05
	Advice for parents on the upbringing and training of children							
62227	100 potwornych opowiesci o pieniadzach, czyli jak zyc, zarabiac i wydawac	Samcik, Maciej	Self-help	NF	A	POL	2014	£18.69
	Money management tips							
62225	Jak byc niezniszczalna	Felicjanska, Ilona	Self-help	NF	A	POL	2014	£21.25
	Ilona Felicjanska discusses the effects of alcohol abuse and describes some of the measures used in the treatment and prevention of alcoholism							
62223	Sila ukrytej perswazji - jak przekonac kazdego, w kazdym miejscu, w kazdej sytuacji (Invisible influence - the power to persuade anyone, any time, anywhere)	Hogan, Kevin	Self-help	NF	A	POL	2014	£21.25
	Invisible Influence shows readers how to quietly persuade others to choose them or their product. The book includes new scientific discoveries in subtle influence that show a few fascinating and unique approaches to influence							
62221	Dawaj i bierz (Give and take - a revolutionary approach to success)	Grant, Adam	Business and Mana	NF	A	POL	2014	£23.29
	Explains how networking and leadership skills are subject to the professional interaction styles of takers, matchers, and givers, and how these personalities dramatically shape success rates							
62219	Badz najlepsza wersja siebie (Be your best - personal effectiveness in your life and your relationships)	Adams, Linda	Self-help	NF	A	POL	2014	£16.05
	Shows how to overcome traditional female passivity and dependence to successfully negotiate conflicts in their relationships, especially with their mates							
62217	Desery lodowe	Maranik, Eliq	Food and Drink	NF	A	POL	2014	£16.05
	Delicious homemade ice cream recipes collection							
62215	Babeczki do kawy (Cupcakes)	Florjanczyk, Barbara	Food and Drink	NF	A	POL	2014	£13.45
	Cupcake recipes collection							
62213	Gotowanie na parze	Jakimowicz-Klein, Barbara	Food and Drink	NF	A	POL	2014	£21.27
	Collection of steamed food recipes							
62211	Doradca smaku Volume 2	Moran, Michel	Food and Drink	NF	A	POL	2014	£18.69
	Authentic Polish recipes							
62209	Co jeec przy alergiach	Rusin, Wieslawa	Food and Drink	NF	A	POL	2014	£13.47
	Traditional Polish and European cuisine							
62207	Bracia Kliczko biografia	Linder, Leo G.	Biography	NF	A	POL	2014	£18.65
	Biography - Vitaly and Vladimir Kliczko. It's not often a professional boxer simultaneously has intellectual attributes and charisma, allowing active involvement in public life and politics at the highest level							
62205	Beksinscy Portret podwojny	Grzebalkowska, Magdalena	Biography	NF	A	POL	2014	£23.85
	Biography - Zdzislaw Beksinski (was a Polish painter, photographer and sculptor, specializing in the field of utopian art. Beksinski did his paintings and drawings in what he called either a 'Baroque' or a 'Gothic' manner)							
62203	Anna Jantar bursztynowa dziewczyna	Pryzwan, Mariola	Biography	NF	A	POL	2014	£26.45
	Biography - Anna Jantar (was a popular Polish singer and mother of Natalia Kukulska)							

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62199	Futbol obnazony (I am the secret footballer - lifting the lid on the beautiful game)	Secret Footballer	Sport	NF	A	POL	2014	£18.65
	Who is the Secret Footballer? Only a few people know the true identity of the man inside the game. But whoever he is, and whoever he plays for, he is always honest, always fearless and always opinionated							
62111	Przemiana (The shift - how I finally lost weight and discovered a happier life)	Johnson, Tory	Health and Fitness	NF	A	POL	2014	£16.05
	We follow Johnson on her weight-loss journey, and share in the process as she becomes not just healthier but happier - a shift that impacts every facet of her life							
62039	Gotuj, karm i kochaj	Paluszkiewicz, Monika	Food and Drink	NF	A	POL	2014	£21.25
	Healthy diet for skin and beauty							
62037	Chce zyc	Piróg, Michal	Biography	NF	A	POL	2014	£19.97
	Autobiography - Michal Pirog - Polish dancer, choreographer, presenter, actor, reporter and television personality							
62035	Dania w piec mint (Gordon Ramsay's fast food - more than 100 delicious, super-fast, and easy recipes)	Ramsay, Gordon	Food and Drink	NF	A	POL	2014	£23.85
	More than 100 delicious, super-fast, and easy recipes by Gordon Ramsay							
62033	Gigi Buffon numer 1	Buffon, Gigi	Biography	NF	A	POL	2014	£21.25
	Autobiography - Gianluigi Buffon (an Italian goalkeeper who plays for and captains both Serie A club Juventus and the Italian National Team)							
62031	Dieta 5:2 (The 5:2 diet book - feast for 5 days a week and fast for just 2 to lose weight, boost your brain and transform your health)	Harrison, Kate	Health and Fitness	NF	A	POL	2014	£18.34
	The 5:2 Diet Book - packed with tips, science, recipes, inspiration and case studies from over thirty dieters - will help you join the revolution to lose weight, boost your brain and transform your body							
59641	Mysl pozytywnie - moc dobrych mysli	Pawlikowska, Beata	Self-help	NF	A	POL	2014	£13.47
	Benefits of positive thinking							
59639	Poradnik maiego patrioty	Marcin, Przewozniak	Education	NF	J	POL	2014	£14.54
	Teaching children about patriotism							
59619	Sztuka leniuchowania	Schnabel, Ulrich	Self-help	NF	A	POL	2014	£18.77
	Guide to happiness - ways to enjoy doing nothing							
59615	Zatrzymaj czas (Ageless body, timeless mind - the quantum alternative to growing old)	Chopra, Deepak	Health and Fitness	NF	A	POL	2014	£23.94
	Guide to staying healthy while growing old that combines mind/body medicine with current research to show the effects of aging are preventable							
59613	Rewolucja w postrzeganiu rzeczywistosci (Leap of perception - the transforming power of your attention)	Peirce, Penney	Self-help	NF	A	POL	2014	£23.68
	With this effective, easy to follow guide, readers can develop the power of perception and imagination to live effortlessly and joyfully							
59607	Wyplyn na glebie	Szkodon, BP Jan	Self-help	NF	A	POL	2014	£19.30
	A practical guide to spiritual growth							
59605	Sztuka inteligentnego klamstwa (Wenn ich ehrlich bin, dann lüg ich richtig gut)	Ehrhardt, Ute	Self-help	NF	A	POL	2014	£19.77
	Ways to improve your interpersonal relationships							
59603	Nawyk samodyscypliny w pracy (The now habit at work - perform optimally, maintain focus, and ignite motivation in yourself and others)	Fiore, Neil	Self-help	NF	A	POL	2014	£19.77
	The Now Habit at Work gives you a hands-on manual enabling the resilience and focus of champions-the ability to bounce back from set-backs, to believe in yourself, and focus on solving problems rather than seeing only obstacles							
59589	Wszyscy jestesmy dziwni (We are all weird - the myth of mass and the end of compliance)	Seth, Godin	Business and Mana	NF	A	POL	2014	£16.11
	Argues for the value of individualism and offering people more choices and opportunities to act in ways that reflect their own unique values							
59587	Walt Disney potega marzen (Walt Disney - an American original)	Thomas, Bob	Biography	NF	A	POL	2014	£21.33
	Biography - Walt Disney (was an American business magnate, animator, cartoonist, producer, director, screenwriter, entrepreneur, and voice actor. A major figure within the American animation industry)							

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59585	To ja Malala (I am Malala - the girl who stood up for education and was shot by the Taliban)  Biography - Malala Yousafzai (a Pakistani school pupil and education activist from the town of Mingora in the Swat District of Pakistan's northwestern Khyber Pakhtunkhwa province)	Yousafzai, Malala	Biography	NF	A	POL	2014	<a href="#">£22.97</a>
59583	Wiek madrosci (A century of wisdom - lessons from the life of Alice Herz-Sommer, the world's oldest living Holocaust survivor)  Memoirs - collects life lessons by a Holocaust survivor and concert pianist, sharing the wisdom she has gleaned and insights into her resolve to thrive in spite of loss and her choice to harbor no bitterness toward her oppressors	Stoessinger, Caroline	Biography	NF	A	POL	2014	<a href="#">£18.72</a>
59581	Zwyciezyc znaczy przezyc Memoirs - Aleksander Lwow	Lwow, Aleksander	Biography	NF	A	POL	2014	<a href="#">£21.33</a>
59579	Polozna 3550 cudów narodzin Memoirs - Jeannette Kalyta	Kalyta, Jeannette	Biography	NF	A	POL	2014	<a href="#">£21.33</a>
59577	Sluch absolutny Memoirs - Andrzej Szczeklik (was a Polish physician, professor and chairman of the Department of Medicine, Jagiellonian University School of Medicine in Krakow)	Szczeklik, Andrzej	Biography	NF	A	POL	2014	<a href="#">£21.33</a>
59575	Ochotnik v dywizja syberyjska History of Polish 5th Siberian Rifle Division	Bohdanowicz, Stanislaw	History	NF	A	POL	2014	<a href="#">£21.33</a>
59573	Messi Wieczny zwyciezca (Messi, une vie en grand)  Biography - Lionel Messi (an Argentine footballer who plays as a forward for Spanish club FC Barcelona and the Argentina national team. He serves as the captain of his country's national football team)	Tràini, Frederic	Biography	NF	A	POL	2014	<a href="#">£16.06</a>
59569	Moje zycie z Farrah (Both of us - my life with Farrah) Biographies - Ryan O'Neal and Farrah Fawcett	O'Neal, Ryan	Biography	NF	A	POL	2014	<a href="#">£19.97</a>
59555	Polskie pysznosci Polish delicacies	Proszynski i S-ka	Food and Drink	NF	A	POL	2014	<a href="#">£20.86</a>

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