

Non-Fiction Titles Only

21 September 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				£
Titles Published in 2017			(32 Titles)					Price Before Discounts
72171	Na koncu swiata czyli Afryka dzika Satire and humour	Siedlecki, Wawrzyniec	Humour	NF	A	POL	2017	£16.17
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 qmam kasze 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 szczeniowie 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
72118	Idz wlasna 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 szczeniowe 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

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
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 zadbać o siebie How to raise assertive kids	Wrobel, Agnieszka	Child Care	NF	A	POL	2017	£23.85
72112	Szkola neuronów 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 przyjaciół 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 świata 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 życia 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 usprawniającej 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 stałam się niezwyciężoną 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 narzędziami dla współczesnej rodziny Skrzynka z narzędziami dla współczesnej rodziny Good relationship toolbox for the modern family	Musiał, Małgorzata	Child Care	NF	A	POL	2017	£17.70
71418	Dodaj mi skrzydeł! Jak rozwijać u dzieci motywację wewnętrzną? Strategies to build intrinsic motivation in children	Steinke-Kalembka, 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 klasą, na luzie - Dobre maniere, zdrowy rozsadek i sztuka łamania zasad Guide to etiquette and modern manners	Jarczyński, Adam	Self-help	NF	A	POL	2017	£18.71

Titles Published in 2016

(68 Titles)

Price Before Discounts

70701	Anna Seniuk Nietypowa baba jestem w rozmowie z córką Magdalena Malecka-Wippich Autobiography - Anna Seniuk (a Polish actress. After World War II, together with other Poles from Stanisławów, 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	£19.52
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)	Słomski, Maciej	Biography	NF	A	POL	2016	£16.63
70699	Wszystko jest po coś 13 universal principles of success	Pirog, Michał	Self-help	NF	A	POL	2016	£19.52

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
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	£21.52
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	£19.52
70696	Bieganie dla poczatkujacych i zaawansowanych Running for beginners	Rogoz, Grzegorz	Health and Fitness	NF	A	POL	2016	£17.08
70695	Silna i sexy - Francuski trening dla kazdej z nas Francuski trening dla kazdej z nas (Musclee et Sexy) Body health fitness training guide - strength training for women	Costa, David	Health and Fitness	NF	A	POL	2016	£19.52
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	£19.08
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	£19.08
70692	Bliznieta Poradnik dla rodzicow The parents' guide to raising twins, from pregnancy to birth	Tkacz, Joanna	Child Care	NF	A	POL	2016	£22.08
70691	Zupyw detoks Detox soups recipes to cleanse and revitalize your system	Mijakoska, Urszula	Food and Drink	NF	A	POL	2016	£17.08
70690	Kuchnia rodzinna Family lunch recipes	Wydawnictwo Olesiejuk	Food and Drink	NF	A	POL	2016	£17.13
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	£18.55
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	£17.08
70269	Ulec siebie - Naturalne mechanizmy samouzdraviania Heal yourself - natural mechanisms of self-healing	Strunz, Ulrich	Health and Fitness	NF	A	POL	2016	£19.52
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	£17.08
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	£19.52
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	£14.63
70265	Daniel Craig (biografia) (Daniel Craig - the biography) 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)	Marshall, Sarah	Biography	NF	A	POL	2016	£19.52
70264	Franciszek - zycie i rewolucja 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)	Pique, Elisabetta	Biography	NF	A	POL	2016	£19.52
70263	Pokretne sciezki dlugodystansowca - Lepsze i gorsze powody, dla ktorych warto biegac (The terrible and wonderful reasons why I run long distances) 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	Inman, Matthew	Humour	NF	A	POL	2016	£17.08
70262	Dzieciece menu dla calej rodziny 160 recipes for healthy and tasty meals for the whole family	Cramm, Dagmar von	Food and Drink	NF	A	POL	2016	£15.66

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
69938	Adios kilogramos! A comprehensive weight loss plan for 90 days	Blazejewska-Stuhr, Katarzyna	Health and Fitness	NF	A	POL	2016	£19.52
69937	Co mi dolega Diet and nutrition - promoting healthy eating habits	Kropka, Bozena	Health and Fitness	NF	A	POL	2016	£16.10
69936	Dania i potrawy z drobiu Siostry Marii Danish recipes for easy-to-prepare dishes - from chicken, turkey, ducks, geese and many more	Goretti, Guziak Maria	Food and Drink	NF	A	POL	2016	£18.55
69935	Kuchnia dla serca Zdrowie z roslin 120 plant-based diet recipes collection - plant-based recipes are oil-free, healthy and delicious	Domaradzka, Violetta	Food and Drink	NF	A	POL	2016	£19.52
69934	5 lat mlodsza w 5 tygodni 5 years younger in five weeks - how to stay young and happy without plastic surgery	Mielczarek, Agnieszka	Health and Fitness	NF	A	POL	2016	£19.52
69933	Sportowe przygody amatora Wspomnienia Living a healthy lifestyle with sports - Sportive activities bring joy, satisfaction, self-confidence, help to develop a stronger body and mental health	Gawlikowski, Wojciech	Health and Fitness	NF	A	POL	2016	£18.59
69932	Barca zlota dekada Learn about the history of the soccer team FC Barcelona	Orlowski, Leszek	Sport	NF	A	POL	2016	£19.52
69931	Przypadki Robert Janowski jakiego nie znacie Autobiography - Robert Janowski (singer and presenter)	Szablowska, Maria	Biography	NF	A	POL	2016	£19.52
69930	Spokojnie to tylko dzieci How to be a good mom with simple tips	Malinowska, Karolina	Child Care	NF	A	POL	2016	£19.52
69929	Gra o czas Guide to self-discipline and time management	Majewska-Opielka, Iwona	Self-help	NF	A	POL	2016	£17.08
69928	Getting things programmed - droga do efektywnosci How to boost your self-efficacy	Bartyzel, Michal	Self-help	NF	A	POL	2016	£17.08
69927	Droga wodza jak orzel w kurniku Guide on how to spread your wings and fly	Nowak, Tomasz	Self-help	NF	A	POL	2016	£17.63
69803	Lemingi 2.0 Schodzimy do podziemia Satire collection on different themes	Krakowski, Jerzy	Humour	NF	A	POL	2016	£14.65
69747	Pytania do zycia - Od teraz kazda zmiana bedzie latwiejsza Answers to life's toughest questions	Wajda, Alina	Self-help	NF	A	POL	2016	£17.08
69746	Kobieto walcz i dopnij swego Essential tips to face fear and live a bold life for women	Swat, Ewa Anna	Self-help	NF	A	POL	2016	£17.57
69745	Szkola macierzynstwa Parenting guide	Wegner-Jezierska, Magdalena	Child Care	NF	A	POL	2016	£14.63
69744	Nadwaga i otyloscu dzieci Childhood overweight and obesity	Ziober, A.	Child Care	NF	A	POL	2016	£14.68
69743	Cyfrowi rodzice (Media moms & digital dads - a fact-not-fear approach to parenting in the digital age) 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	Uhls, T. Yalda	Child Care	NF	A	POL	2016	£18.06
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

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69738	Pokochaj 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 mężczyzn (Fit ohne Geräte - die 90-Tage-Challenge für Manner) 90 day workout plan for men	Lauren, Mark	Health and Fitness	NF	A	POL	2016	£19.52
69736	Japonki nie tyją i się nie starzeją (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 księga zdrowego odżywiania 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	Ocalić Ofelię (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	Zejdź 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 wyjątkowo Tasty, healthy, non-alcoholic cocktail recipes	Błaziejewska, 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 schudnąć 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, Małgorzata	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, Paweł	Biography	NF	A	POL	2016	£22.52
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 zwarować (ze szczęścia) Dad-to-be and early fatherhood - the essentials for new dads	Tomasz, Bulhak	Child Care	NF	A	POL	2016	£22.52

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69409	Macierzynstwo bez photoshopa How your body changes during and after pregnancy	Dawid-Mroz, Malgorzata	Child Care	NF	A	POL	2016	£17.08
69408	Alchemia kariery kobiety - Daj sobie druga szanse Career Alchemy for women provides convenient, affordable and effective career coaching	Stawska, Magda	Self-help	NF	A	POL	2016	£17.08
69407	Czas to pieniadz,. Jak oszczedzac czas i pieniadze? 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 wykorzystac potencjal swoj i organizacji How to exploit the potential of your business	Zagodzdon, Robert	Business and Mana	NF	A	POL	2016	£19.08
Titles Published in 2015				(67 Titles)				Price Before Discounts
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 cwicz z glowa 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 - Sila roslin 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, Wladyslaw	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 calej rodziny Yoga for the whole family	Jakubik-Hajdukiewicz, Joanna	Health and Fitness	NF	A	POL	2015	£16.63
68629	Cel: Andrzej Duda Przemysl 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, Slawomir	Biography	NF	A	POL	2015	£18.13
68628	Kierunek szczescie A guide to personal happiness	Bubrowiecki, Andrzej	Self-help	NF	A	POL	2015	£17.08
68627	Male 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 dlugowiecznosc (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
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

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
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
68192	Detoks cukrowy jak stracic na wadze (The sugar detox - lose weight, feel great, and look years younger) 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	Alpert, Brooke	Health and Fitness	NF	A	POL	2015	£18.07
68191	Nie strach sie bac (The opposite of worry - the playful parenting approach to childhood and fears) Lawrence J. Cohen, Ph.D., explains how to help children overcome anxiety and fear, and embrace connection, trust, and joy	Cohen, Lawrence	Child Care	NF	A	POL	2015	£18.00
68190	Zgodne rodzenstwo Jak wspierac dzieci Sibling rivalry - Find out how to promote healthy sibling relationships	Minge, Natalia	Child Care	NF	A	POL	2015	£15.97

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
68189	Grzeczne dziecko Poradnik dla madyrch 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!							
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.)							

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67985	Cpalem chlalem i przetrwalem 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)	Malenczuk, Maciej	Biography	NF	A	POL	2015	£18.46
67984	Kuba (autobiografia) 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)	Domagalik, Malgorzata	Biography	NF	A	POL	2015	£18.50
67983	Chlopaki niech placza Biography - Olaf Lubaszenko (a Polish actor and film director. He's a son of Edward Linde-Lubaszenko, who is an actor of German and Swedish descent and Asja Lamtiugina, a Russian actress)	Lubaszenko, Olaf	Biography	NF	A	POL	2015	£18.46
67982	Spectrum czuj sie lepiej zyj dluziej (The spectrum - a scientifically proven program to feel better, live longer, lose weight, and gain health) Introduces a practical nutritional, lifestyle, and health program that can be customized to suit the individual requirements of any family situation	Ornish, Dean	Health and Fitness	NF	A	POL	2015	£20.77
67981	Optymalna dieta dla biegaczy (Nutrition for runners) Running nutrition guide	Galloway, Jeff	Health and Fitness	NF	A	POL	2015	£18.46
67980	Detoks ciala i umyslu Tips for good health and wellbeing	Trojanowska, Ewa	Health and Fitness	NF	A	POL	2015	£16.15
67979	Alkaliczny styl zycia Alkaline diet for optimum health - restore your health by creating pH balance in your diet	Sokolowska, Beata	Health and Fitness	NF	A	POL	2015	£16.15
67978	Lekkosc chudnij pysznie Collection of 60 light and healthy recipes, 15 exercises to make your torso and legs thinner	Starmach, Anna	Health and Fitness	NF	A	POL	2015	£18.46
67977	200 tajemnic naturalnej zdrowej kuchni (200 surefire ways to eat well & feel better) 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	Rodriguez, Judith	Health and Fitness	NF	A	POL	2015	£16.19
67976	Doradca smaku 2 Volume 2 More than 80 mouthwatering recipes for home cooks	Moran, Michel	Food and Drink	NF	A	POL	2015	£16.15
67975	Happy detoks Guide to healing and prevention through nutrition for women - Offering an abundance of practical tips and recipes for optimal eating and living	Bem, Kasia	Food and Drink	NF	A	POL	2015	£18.50
67974	I jak tu nie jesc! Healthy eating is about eating smart. Transform your eating habits with these easy tips written by well-known journalist	Sadowska, Beata	Food and Drink	NF	A	POL	2015	£18.46
67973	Najwieksze skarby naszej cywilizacji Health and nutrition advice - healthy recipes and lifestyle tips	Pawlikowska, Beata	Health and Fitness	NF	A	POL	2015	£16.15
67931	Nad jeziorem bialym (The white Lake - fighting for a free press, justice, and a place to call home in the new Poland) Biography - John Borrell (The White Lake is an unforgettable read by a determined man who refused to compromise)	Borrell, John	Biography	NF	A	POL	2015	£16.19
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) 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	Sasson, Jean	Biography	NF	A	POL	2015	£18.04
67898	Co, Gocha? z bloga Malgorzaty Kalicinskiej Biography - Malgorzaty Kalicinskiej	Kalicinska, Malgorzata	Biography	NF	A	POL	2015	£17.54
Titles Published in 2014				(82 Titles)				Price Before Discounts
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

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
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
65007	Dasz rade! O pokonywaniu uzaleznien Treatment by understanding, coping with and overcoming addiction	Prawecka, 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

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
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
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!) 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	Zinczenko, David	Health and Fitness	NF	A	POL	2014	£21.25
62235	Bieganie jest proste Getting started with running can feel overwhelming to a beginner runner. Here are some of the basics about running to help you get started	Mizera, Krzysztof	Health and Fitness	NF	A	POL	2014	£16.05
62233	Badz FIT Zacznij swój trening z Mariuszem Czerkawskim Exercise training programs and fitness workouts	Czerkawski, Mariusz	Health and Fitness	NF	A	POL	2014	£18.65

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
62231	Dziecko dla odwaznych szkola przetrwania Parents and their role in the upbringing of children	Talko, Leszek	Child Care	NF	A	POL	2014	£21.00
62229	Maly tyran jak madrze kochac dziecko (Der kleine tyrann) Advice for parents on the upbringing and training of children	Prekop, Jirina	Child Care	NF	A	POL	2014	£17.05
62227	100 potwornych opowiesci o pieniadzach, czyli jak zyc, zarabiac i wydawac Money management tips	Samcik, Maciej	Self-help	NF	A	POL	2014	£18.69
62225	Jak byc niezniszczalna Ilona Felicjanska discusses the effects of alcohol abuse and describes some of the measures used in the treatment and prevention of alcoholism	Felicjanska, Ilona	Self-help	NF	A	POL	2014	£21.25
62223	Sila ukrytej perswazji - jak przekonac kazdego, w kazdym miejscu, w kazdej sytuacji (Invisible influence - the power to persuade anyone, any time, anywhere) 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	Hogan, Kevin	Self-help	NF	A	POL	2014	£21.25
62221	Dawaj i bierz (Give and take - a revolutionary approach to success) 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	Grant, Adam	Business and Mana	NF	A	POL	2014	£23.29
62219	Badz najlepsza wersja siebie (Be your best - personal effectiveness in your life and your relationships) Shows how to overcome traditional female passivity and dependence to successfully negotiate conflicts in their relationships, especially with their mates	Adams, Linda	Self-help	NF	A	POL	2014	£16.05
62217	Desery lodowe Delicious homemade ice cream recipes collection	Maranik, Eliq	Food and Drink	NF	A	POL	2014	£16.05
62215	Babeczki do kawy (Cupcakes) Cupcake recipes collection	Florianczyk, Barbara	Food and Drink	NF	A	POL	2014	£13.45
62213	Gotowanie na parze Collection of steamed food recipes	Jakimowicz-Klein, Barbara	Food and Drink	NF	A	POL	2014	£21.27
62211	Doradca smaku Volume 2 Authentic Polish recipes	Moran, Michel	Food and Drink	NF	A	POL	2014	£18.69
62209	Co jeec przy alergiach Traditional Polish and European cuisine	Rusin, Wieslawa	Food and Drink	NF	A	POL	2014	£13.47
62207	Bracia Kliczko biografia 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	Linder, Leo G.	Biography	NF	A	POL	2014	£18.65
62205	Beksinscy Portret podwojny 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)	Grzebalkowska, Magdalena	Biography	NF	A	POL	2014	£23.85
62203	Anna Jantar bursztynowa dziewczyna Biography - Anna Jantar (was a popular Polish singer and mother of Natalia Kukulska)	Pryzwan, Mariola	Biography	NF	A	POL	2014	£26.45
62199	Futbol obnazony (I am the secret footballer - lifting the lid on the beautiful game) 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	Secret Footballer	Sport	NF	A	POL	2014	£18.65
62111	Przemiana (The shift - how I finally lost weight and discovered a happier life) 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	Johnson, Tory	Health and Fitness	NF	A	POL	2014	£16.05
62039	Gotuj, karm i kochaj Healthy diet for skin and beauty	Paluszkiewicz, Monika	Food and Drink	NF	A	POL	2014	£21.25
62037	Chce zyc Autobiography - Michal Pirog - Polish dancer, choreographer, presenter, actor, reporter and television personality	Piróg, Michal	Biography	NF	A	POL	2014	£19.97

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
62035	Dania w piec mint (Gordon Ramsay's fast food - more than 100 delicious, super-fast, and easy recipes) More than 100 delicious, super-fast, and easy recipes by Gordon Ramsay	Ramsay, Gordon	Food and Drink	NF	A	POL	2014	£23.85
62033	Gigi Buffon numer 1 Autobiography - Gianluigi Buffon (an Italian goalkeeper who plays for and captains both Serie A club Juventus and the Italian National Team)	Buffon, Gigi	Biography	NF	A	POL	2014	£21.25
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) 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	Harrison, Kate	Health and Fitness	NF	A	POL	2014	£18.34
59641	Mysl pozytywnie - moc dobrych myśli Benefits of positive thinking	Pawlikowska, Beata	Self-help	NF	A	POL	2014	£13.47
59639	Poradnik maiego patrioty Teaching children about patriotism	Marcin, Przewozniak	Education	NF	J	POL	2014	£14.54
59619	Sztuka leniuchowania Guide to happiness - ways to enjoy doing nothing	Schnabel, Ulrich	Self-help	NF	A	POL	2014	£18.77
59615	Zatrzymaj czas (Ageless body, timeless mind - the quantum alternative to growing old) Guide to staying healthy while growing old that combines mind/body medicine with current research to show the effects of aging are preventable	Chopra, Deepak	Health and Fitness	NF	A	POL	2014	£23.94
59613	Rewolucja w postrzeganiu rzeczywistosci (Leap of perception - the transforming power of your attention) With this effective, easy to follow guide, readers can develop the power of perception and imagination to live effortlessly and joyfully	Peirce, Penney	Self-help	NF	A	POL	2014	£23.68
59607	Wyplyn na glebie A practical guide to spiritual growth	Szkodon, BP Jan	Self-help	NF	A	POL	2014	£19.30
59605	Sztuka inteligentnego kłamstwa (Wenn ich ehrlich bin, dann lüg ich richtig gut) Ways to improve your interpersonal relationships	Ehrhardt, Ute	Self-help	NF	A	POL	2014	£19.77
59603	Nawyk samodyscypliny w pracy (The now habit at work - perform optimally, maintain focus, and ignite motivation in yourself and others) The Now Habit at Work gives you a hands-on manual enabling the resilience and focus of champions-the ability to bounce back from setbacks, to believe in yourself, and focus on solving problems rather than seeing only obstacles	Fiore, Neil	Self-help	NF	A	POL	2014	£19.77
59589	Wszyscy jesteśmy dziwni (We are all weird - the myth of mass and the end of compliance) Argues for the value of individualism and offering people more choices and opportunities to act in ways that reflect their own unique values	Seth, Godin	Business and Mana	NF	A	POL	2014	£16.11
59587	Walt Disney potega marzen (Walt Disney - an American original) 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)	Thomas, Bob	Biography	NF	A	POL	2014	£21.33
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	£22.97
59583	Wiek madsroci (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	£18.72
59581	Zwyciezyc znaczy przezyc Memoirs - Aleksander Lwow	Lwow, Aleksander	Biography	NF	A	POL	2014	£21.33
59579	Polozna 3550 cudów narodzin Memoirs - Jeannette Kalyta	Kalyta, Jeannette	Biography	NF	A	POL	2014	£21.33

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
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	£21.33
59575	Ochotnik v dywizja syberyjska History of Polish 5th Siberian Rifle Division	Bohdanowicz, Stanislaw	History	NF	A	POL	2014	£21.33
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)	Trăini, Frederic	Biography	NF	A	POL	2014	£16.06
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	£19.97
59555	Polskie pysznosci Polish delicacies	Proszynski i S-ka	Food and Drink	NF	A	POL	2014	£20.86
Titles Published in 2013		(100 Titles)				Price Before Discounts		
64577	Moj dzihad (My jihad) Biography - Aukai Collins (An American Muslim who trained with Al-Qaeda and lost a leg in Chechnia recounts his experiences as a holy warrior, disillusionment with terrorism, and work for and ill treatment by United States intelligence agencies)	Collins, Aukai	Biography	NF	A	POL	2013	£19.69
62201	Carles Puyol - kapitan o sercu w kolorze blaugrana Biography - Carles Puyol (a Spanish retired footballer. Mainly a central defender he could also play on either flank, especially as a right back)	Ochapski, Ziemowit	Biography	NF	A	POL	2013	£21.25
62029	Grzeczne dziecko - jak ustalac zdrowe granice i wspierac samodzielnosc (Discipline - the Brazelton way) Demonstrates how normal growth spurts in a child's life can lead to conflicts and testing behavior, offering practical solutions to a range of problems including defiance, lying, stealing, fighting, and inappropriate language	Brazelton, Thomas	Child Care	NF	A	POL	2013	£15.47
62027	Sen dziecka - jak zapomniec o nieprzespanych nocach (Sleep - the Brazelton way) Provides advice for helping infants sleep, including helping a baby to sleep through the night, weaning a child from a family bed, sleepwalking, nightmares, and teaching children how to get themselves to sleep	Brazelton, Thomas	Child Care	NF	A	POL	2013	£13.47
62025	Karmienie dziecka - jak dbac o zdrowa i smaczna diete (Feeding your child - the Brazelton way) A concerned parent's guide to better nutrition applies the Touchpoints philosophy to feeding kids, revealing the hidden balance parents must achieve in feeding their children, from breast or bottle to teenage favorites like pizza and chips	Brazelton, Thomas	Child Care	NF	A	POL	2013	£15.47
61423	Obled '44 History of Warsaw Uprising 1944 - World War 2 (a heroic and tragic 63-day struggle to liberate World War 2 Warsaw from Nazi/German occupation)	Zychowicz, Piotr	History	NF	A	POL	2013	£23.85
61421	W dzungli podswiadomosci How to program your subconscious mind for happiness	Pawlikowska, Beata	Self-help	NF	A	POL	2013	£17.09
61417	Flirtujac z zyciem Danuta Stenka interviews collection	Stenka, Danuta	Literature	NF	A	POL	2013	£20.21
59637	Dialog zamiast kar Improving your relationship with your child. A guide for hot-headed parents on raising an obedient child	Zuczowska, Zofia Aleksandra	Child Care	NF	A	POL	2013	£19.97
59635	Dobrze nosic (Ein baby will getragen sein. alles über geeignete tragehilfen und die vorteile des tragens) Parenting and child health - how to swaddle your baby - insider tips and tricks	Kirkilionis, Evelin	Child Care	NF	A	POL	2013	£23.77
59633	Wychowanie najtrudniejsza ze sztuk pieknych A guide to setting standards for your child, making them obedient and ways to minimise difficulties for parents in rearing a child	Elzbieta, Chlebowska	Child Care	NF	A	POL	2013	£21.77
59631	Co robic, gdy dzieci sie nudza? A comprehensive guide for parents to care for children from the age of four onwards, containing a variety of activities that can help build creative thinking in a child	Rozkut, Ewa	Child Care	NF	A	POL	2013	£13.47
59629	Byc swiadomym rodzicem (Intentional parenting - autopilot is for planes) Intentional Parenting is built around 12 chapters that each dispel some of the most common parenting myths. And reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be	Goff, Sissy	Child Care	NF	A	POL	2013	£21.77

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
59627	Ile znaczy mama (What a difference a mom makes - the indelible imprint a mom leaves on her son's life)	Leman, Kevin	Child Care	NF	A	POL	2013	£23.77
	Leman shows how to discipline a boy, how to command respect, how to let him fight his own battles, how to understand his sexuality, and how to weather the changes in the mother-son relationship as he grows up							
59625	Ksiega rodzicielstwa bliskosci (Attachment parenting book - a commonsense guide to understanding and nurturing your baby)	Sears, William	Child Care	NF	A	POL	2013	£24.77
	Guide to understanding and nurturing your baby							
59623	Sposob na sen (Sleep solutions - quiet nights for you and your child (from birth to five years))	Waddilove, Rachel	Child Care	NF	A	POL	2013	£15.77
	Baby sleep solutions							
59621	Niezbednik mlodej matki (New mother's survival guide)	Saban, Cheryl	Child Care	NF	A	POL	2013	£15.47
	The weeks after childbirth can be a crazy rollercoaster of emotions. This book presents an overview of what to expect both before and after baby arrives							
59611	Konstelacja archetypowe (Conceptual constellations - constellating story and archetype)	Manne, Joy	Family and Relation	NF	A	POL	2013	£13.55
	This book takes the constellation method and applies it to archetypes and stories. These include the archetype of the ideal family, as well as fairy stories and myths							
59609	Liczy sie efekt Guide to self-discipline	Bubrowiecki, Andrzej	Self-help	NF	A	POL	2013	£15.97
59601	Biegaj zdrowo (The running doc's guide to healthy running - how to fix injuries, stay active, and run pain-free)	Maharam, Lewis	Health and Fitness	NF	A	POL	2013	£23.47
	Helps you avoid nearly every common running-related injury. From head to toenails, it offers simple, effective treatments for every common running injury							
59599	Schudnij zgodnie ze swoja grupa krwi Blood type diet - weight loss tips and advice	Augustyniak-Madejska, Dorota	Health and Fitness	NF	A	POL	2013	£21.77
59597	Aluminium (Dirty little secret - die akte aluminium)	Ehgartner, Bert	Health and Fitness	NF	A	POL	2013	£20.23
	Aluminum is booming and found its way into every facet of our lives. But what do we actually know about the side effects of our daily companions? This book examines the heavy consequences of the overuse of this light metal							
59595	Mudry dla zdrowia (Mudras - yoga in your hands)	Hirschi, Gertrud	Health and Fitness	NF	A	POL	2013	£18.72
	Introduction to Mudras (by positioning the fingers in various postures known as Mudras, we can regulate the flow of the vital elements in the body, promoting health and mind-body)							
59593	Jak czerpac zdrowa energie z ziemi (Earthing - the most important health discovery ever?)	Ober, Clinton	Health and Fitness	NF	A	POL	2013	£23.94
	Describes how the physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress, and poor sleep							
59591	Serce kobiety (Le coeur des femmes)	Hermann, Daniele	Health and Fitness	NF	A	POL	2013	£16.42
	Heart disease in women - understand symptoms and risk factors							
59571	Niewolnica pornobiznesu (Ordeal)	Lovelace, Linda	Biography	NF	A	POL	2013	£19.97
	Biography - Linda Lovelace (was an American pornographic actress who was famous for her performance in the enormously successful 1972 hardcore porn film Deep Throat)							
59567	Ciasta z blachy Desserts and pastries recipes	Czarkowska, Iwona	Food and Drink	NF	A	POL	2013	£24.95
59565	Moje wypieki i desery Desserts, pastries, and sweets recipes	Swiatkowska, Dorota	Food and Drink	NF	A	POL	2013	£24.95
59563	Krewetki 50 przepisow na 50 delicious and easy Shrimp recipes	Ruszkowska, Monika	Food and Drink	NF	A	POL	2013	£22.77
59561	100 najlepszych przepisow tradycyjnej kuchni Polskiej Traditional Polish cuisine	Adamska, Elzbieta	Food and Drink	NF	A	POL	2013	£20.97

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
59559	28 dni do zdrowia (The Engine 2 Diet - the Texas firefighter's 28-day save-your-life plan that lowers cholesterol and burns away the pounds) Rip Esselstyn shows you how to lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit in just 4 weeks - by following his plant-powered eating plan	Esselstyn, Rip	Health and Fitness	NF	A	POL	2013	£21.77
59557	Kanaryjskie smaki Polish cuisine	Blazkiewicz-Pasternak, Bozena	Food and Drink	NF	A	POL	2013	£18.77
59553	Jesien w kuchni pieciu przemian Fall vegetarian recipes collection	Czelej, Anna	Food and Drink	NF	A	POL	2013	£18.72
59551	Gotowanie w 20, 30, 40, 50 minut Quick and easy recipes by Ewa Aszkiewicz	Aszkiewicz, Ewa	Food and Drink	NF	A	POL	2013	£26.55
59549	Jajka Collection of 200 egg recipes	Caprari, Malgorzata	Food and Drink	NF	A	POL	2013	£18.97
59547	Zdrowie i uroda z natury Homemade natural beauty recipes	Szydłowska, Marta	Beauty and Fashion	NF	A	POL	2013	£19.97
59545	Kempingowa książka kucharska smakowite przepisy dla całej rodziny (Family camping cookbook) Family camping cookbook	Easton, Jim	Food and Drink	NF	A	POL	2013	£18.11
59523	100 kijów w mrowisko Humorous essays on various topics	Wssowicz, Jacek	Humour	NF	A	POL	2013	£17.68
59509	Teraz moge wszystko Women's issues - societal and personal	Zanimirowska-Soczawa, Beata	Society	NF	A	POL	2013	£17.97
58225	Zwierzaki swiata Animals from around the world	Wojciechowska, Martyna	Science	NF	A	POL	2013	£18.72
58223	Dzieciaki swiata Children's customs & traditions around the world - a unique glimpse of how children from around the world live day to day	Wojciechowska, Martyna	Travel and Tourism	NF	A	POL	2013	£18.72
56293	Canoandes: na podboj kanionu Colca i gorskich rzek obu Ameryk Travelogue - covering various places of the world	Pietowski, Andrzej	Travel and Tourism	NF	A	POL	2013	£24.37
56291	Dzika droga - jak odnalazlam siebie (Wild: from lost to found on the Pacific Crest Trail) Memoirs - Cheryl Strayed (the story of a 1,100 mile solo hike that broke down a young woman reeling from catastrophe - and built her back up again)	Strayed, Cheryl	Biography	NF	A	POL	2013	£20.12
56289	Kapiel ze sloniem - matka i corka w podrozy dookola swiata (Have mother, will travel: a mother and daughter discover themselves, each other, and the world) Told in alternating voices, a travelogue capturing the changing relationship between a mother and her adult daughter follows their sixteen-city, twelve-country tour during which their adventures and mishaps brought them closer together	Fontaine, Claire	Travel and Tourism	NF	A	POL	2013	£19.06
56287	Dzieci wojny narkotykowej (Children of the drug war: perspectives on the impact of drug policies on young people) A unique collection of original essays that investigates the impacts of the war on drugs on children and young people	Barrett, Damon	Society	NF	A	POL	2013	£19.06
56281	Arsenal: jak powstawal nowoczesny superklub (Arsenal - The making of a modern superclub) Focusing on Arsène Wenger, the authors examine his footballing philosophy, his training methods, his hopes, fears and aspirations for his team and his club, and his failings	Fynn, Alex	Sport	NF	A	POL	2013	£21.47
56279	Operacja Dakar: kulisy najbardziej morderczego rajdu swiata Stories on the Dakar Rally (an annual off-road race. Part of the Dakar Series)	Balkan, Jacek	Sport	NF	A	POL	2013	£21.71
56277	Oszustwo niedoskonale: jak zdemaskowalem Lance'a Armstronga (Seven deadly sins: my pursuit of Lance Armstrong) Traces the journalist's efforts to uncover the truth behind cycling's biggest star - Lance Armstrong	Walsh, David	Sport	NF	A	POL	2013	£20.12

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
56275	Zyc nie byle jak Keys to spiritual growth	Sokolowski, Marek	Self-help	NF	A	POL	2013	£21.24
56273	Duchowe nauki Awatarow (Spiritual teachings of the Avatar: ancient wisdom for a new world) Vedic expert and teacher Jeffrey Armstrong explains the ancient Indian wisdoms embodied in the word Avatar, and that behind the notion of Avatar is a view that sees the sacredness of all life and the soul of all beings as eternal	Armstrong, Jeffrey	Religion	NF	A	POL	2013	£19.06
56271	Droga rzadziej wedrowana (The road less traveled: a new psychology of love, traditional values, and spiritual growth) A psychiatrist suggests ways in which confronting and resolving problems, a painful process most people try to avoid, can lead to greater self-understanding and spiritual growth	Peck, M. Scott	Self-help	NF	A	POL	2013	£21.71
56269	Bez ograniczen (A life without limits: a World Champion's journey) Memoirs - Chrissie Wellington (A female Ironman traces her rise to the top of the triathlon world, describing her international training, struggles with anorexia, relationship with a controversial coach, and astonishing win)	Wellington, Chrissie	Biography	NF	A	POL	2013	£21.71
56267	Co pije krowa? przydatna wiedza z psychologii zycia codziennego (Psycho? logisch! nutzliche Erkenntnisse der alltagspsychologie) Psychological health and well-being - stress management	Kitz, Volker	Self-help	NF	A	POL	2013	£21.71
56265	Droga do samozaleznosci (The power of self-dependence: allowing yourself to live life on your own terms) An innovative self-help program draws on a multitude of sources - including folktales, the Bible, Eastern philosophy, and the Torah - to explain how to overcome unhealthy behavior patterns by emphasizing the concept of self-dependence	Jorge, Bucay	Self-help	NF	A	POL	2013	£16.40
56263	Kundalini - boska energia w twoim zyciu (Kundalini: divine energy, divine life) Comprehensive guidance to help readers truly understand Kundalini energy and how it can be used to transform their lives. It features scientific research and mystical practices such as breathwork, tantra, and mantras	Dale, Cyndi	Health and Fitness	NF	A	POL	2013	£21.40
56261	Dar duszy - uzdrawiajaca moc zyciowych wyzwaw (Your soul's gift: the healing power of the life you planned before you were born) Schwartz offers a guide map to the soul and encourages his readers to heal at a profound level	Schwartz, Robert	Self-help	NF	A	POL	2013	£21.71
56259	Borderline - Jak zyc z osoba o skrajnych emocjach (Stop walking on eggshells: taking your life back when someone you care about has Borderline Personality Disorder) Discusses the signs and symptoms of Borderline Personality Disorder and explains how the families and friends of patients can cope with BPD behavior while taking care of themselves	Mason, Paul	Health and Fitness	NF	A	POL	2013	£21.71
56257	Im starszy tym lepszy Brain fitness tips & exercise	Poppel, Ernest	Self-help	NF	A	POL	2013	£19.06
56255	Introwertyzm to zaleta (The introvert advantage: how to thrive in an extrovert world) Describes how introverts can work with their temperament to live a fulfilling life and thrive in an extrovert world, covering such topics as relationships, parenting, socializing, and coping in the workplace	Laney, Marti Olsen	Self-help	NF	A	POL	2013	£20.65
56253	Bieganie nie tylko dla zoltodziobow (The Complete idiot's guide to running) Guide to running -This guide is packed with tips and techniques on everything from getting started to more advanced methods of training	Rodgers, Bill	Health and Fitness	NF	A	POL	2013	£19.06
56251	Coaching zdrowia -twoje zycie w twoich rekach Personality development and mental health	Zubrzycka-Nowak, Monika	Self-help	NF	A	POL	2013	£13.74
56249	Tybetanska joga ciala, mowy i umyslu (Tibetan yogas of body, speech, and mind) Tenzin Wangyal draws on a vast system of knowledge to show the many ways that body, speech, and mind can be utilized as doorways to happiness, contentment, better health, and ultimately liberation	Wangyal, Tenzin	Health and Fitness	NF	A	POL	2013	£21.71
56247	Klub plaskiego brzucha (The flat tummy club diet: 21 days to a flatter tummy) Quickest and easiest diet plans to help you lose weight	Adams, Kate	Health and Fitness	NF	A	POL	2013	£21.71
56245	Zmien swoje zycie z Ewa Chodakowska Exercise training programs & fitness workouts	Chodakowska, Ewa	Health and Fitness	NF	A	POL	2013	£21.24

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
56243	Nie jedz tego! Examines the scientific facts behind claims about the safety or dangers of organic and commercial foods	Grimm, Hans-Ulrich	Food and Drink	NF	A	POL	2013	£21.40
56241	Pyszne 25 Quick budget-friendly recipes	Starmach, Anna	Food and Drink	NF	A	POL	2013	£19.06
56239	Lato w kuchni pieciu przemian In-season fruit & vegetable recipes	Czelej, Anna	Food and Drink	NF	A	POL	2013	£19.06
56237	Wiosna w kuchni pieciu przemian Seasonal recipes and healthy eating ideas and tips	Czelej, Anna	Food and Drink	NF	A	POL	2013	£19.06
56235	Smak tropików - Kuchnie Pacyfiku Cookbook - Pacific cuisines	Markuza, Biruta	Food and Drink	NF	A	POL	2013	£16.40
56233	Doskonała kuchnia Cooking tips, ideas and recipes collection	Marciszewska, Maria	Food and Drink	NF	A	POL	2013	£26.55
56231	Polska kuchnia regionalna Traditional Polish cuisine	Zywczak, Krzysztof	Food and Drink	NF	A	POL	2013	£16.42
56229	Dania dietetyczne - zdrowe kalorie Recipes collection with calories and nutritional information	Buchmann	Food and Drink	NF	A	POL	2013	£13.47
56227	Aromatyczne dania z miesa Meat and poultry recipes - beef, chicken, pork, and more	Buchmann	Food and Drink	NF	A	POL	2013	£13.47
56225	Koktajle owocowe Non-alcoholic cocktail recipes	Buchmann	Food and Drink	NF	A	POL	2013	£16.40
56223	Podniebna kawaleria Memoirs - Witold A. Herbst	Herbst, Witold	Biography	NF	A	POL	2013	£19.59
56221	Reytan: upadek Polski Biography - Tadeusz Reytan	Rymkiewicz-Jaroslaw, Marek	Biography	NF	A	POL	2013	£23.31
56219	Maria Skłodowska-Curie i jej corki (Marie Curie and her daughters: the private lives of science's first family) Biographies- Marie, Irène and Ève Curie	Emling, Shelley	Biography	NF	A	POL	2013	£19.10
56217	Jozef Pilsudski - fakty i tajemnice - zycie prywatne marszalka Biography - Jozef Klemens Pilsudski (was a Polish statesman and dictator of Poland - Chief of State (1918 - 22), First Marshal (from 1920), and leader (1926 - 35) of the Second Polish Republic)	Koper, Slawomir	Biography	NF	A	POL	2013	£21.24
56215	Lewy sylwetka piłkarza Biographies - Players of The Poland national football team	Doleglo, Natalia	Biography	NF	A	POL	2013	£13.74
56213	Droga wojownika: opowiesci o tworczy GROM-u generale Slawomirze Petelickim Biography - Brigadier General Slawomir Petelicki (was the first commander of the Polish special forces unit GROM from July 13, 1990, until December 19, 1995. Later, he was the head of the Foundation of Former GROM Soldiers)	Wojtas, Andrzej	Biography	NF	A	POL	2013	£20.12
56209	Gwiazdy drugiej Rzeczypospolitej Biographies - famous Polish people	Koper, Slawomir	Biography	NF	A	POL	2013	£20.70
56207	Zycie artystek w PRL Biographies - most well-known women artists (Agnieszka Osiecka, Anna German, Kalina Jedrusik, Mira Ziminska, Elzbieta Czyzewska, Alina Szapocznikow, Halina Poswiatowska, and Grazyna Bacewicz)	Koper, Slawomir	Biography	NF	A	POL	2013	£20.12
56205	Cala prawda o Biography - Aneta Pondo	Felicjanska, Ilona	Biography	NF	A	POL	2013	£20.17
56203	Dziwactwa i sekrety władców Polski Polish Monarchs from Prince Mieszko to Stanislaw August Poniatowski	Kienzler, Iwona	People and Places	NF	A	POL	2013	£16.42
56201	10 minut uwaznosci - jak pomoc dzieciom radzic sobie ze stresem i strachem (10 mindful minutes: giving our children - and ourselves - the social and emotional skills to reduce stress and anxiety for healthier, happier lives) Goldie Hawn, is teaching children vital social and emotional skills. By understanding how their brains work, children discover where their emotions come from and become more self-aware	Hawn, Goldie	Child Care	NF	A	POL	2013	£21.71
56199	Oczami dziecka, oczami mamy - jak zrozumiec najmłodszych - poradnik dla rodziców Guide to understanding your child	Zielinska, Krystyna	Child Care	NF	A	POL	2013	£13.47

SEQ	TITLE	AUTHOR	Genre	TYPE - AGE - LANG - YOP				£
55467	Troche wiekszy poniedzialek Essays about life	Grochola, Katarzyna	Literature	NF	A	POL	2013	£25.13
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