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Best Sellers Advice, How-To and Miscellaneous

THIS WEEK	Advice, How-to and Miscellaneous	WEEKS ON LIST
1	**FOOD, HEALTH AND HAPPINESS,** by Oprah Winfrey. (Flatiron Books) More than 100 recipes for Oprah's favorite home-cooked meals. Includes reflections, quotes and annotations.	1
2	**THE LOSE YOUR BELLY DIET,** by Travis Stork. (Ghost Mountain) The doctor and talk-show host promotes an eating plan that includes improving "gut health."	2
3	**TOOLS OF TITANS,** by Tim Ferriss. (Houghton Mifflin Harcourt) The tactics, strategies and habits of billionaires, icons and world-class performers, by the technology investor and podcast host. (†)	5
4	**YOU ARE A BADASS,** by Jen Sincero. (Running Press) Tips for the doubtful and self-effacing on roaring ahead through life, delivered with stories, insights and exercises.	52
5	**THE WHOLE30,** by Melissa Hartwig. (Houghton Mifflin Harcourt) An overview of a 30-day guide to better health, weight loss, improved digestion and a stronger immune system. (†)	66
6	**THE WHOLE30 COOKBOOK,** by Melissa Hartwig. (Houghton Mifflin Harcourt) Recipes for the Whole30 program of nonprocessed whole foods and no grains, dairy or sugar.	3
7	**THE LIFE-CHANGING MAGIC OF TIDYING UP,** by Marie Kondo. (Ten Speed) A guide to decluttering by discarding your expendable objects all at once and taking charge of your space.	110
8	**SPARK,** by Angie Morgan, Courtney Lynch and Sean Lynch. (Houghton Mifflin Harcourt) How to lead yourself and others to greater success, regardless of place on the organizational chart.	1
9	**THUG KITCHEN,** by the staff of Thug Kitchen. (Rodale) More than 100 vegan recipes, including cornmeal waffles with strawberry syrup, from the creators of the popular, irreverent website. (†)	57
10	**THE SUBTLE ART OF NOT GIVING A --------,** by Mark Manson. (HarperOne/HarperCollins) How to stop trying to be "positive" all the time and, instead, become better at handling adversity. (†)	6

THIS WEEK	Advice Extended
11	**UNINVITED,** by Lysa TerKeurst. (Thomas Nelson)
12	**THE FIVE LOVE LANGUAGES,** by Gary Chapman. (Northfield)
13	**THE ZERO SUGAR DIET,** by David Zinczenko with Stephen Perrine. (Ballantine)
14	**COOKING FOR JEFFREY,** by Ina Garten. (Clarkson Potter)
15	**GREEN SMOOTHIES FOR LIFE,** by J. J. Smith. (Atria)

The category Advice, How-To, and Miscellaneous Best Sellers includes both e-book and print book sales. An asterisk (*) indicates that a title's sales are barely distinguishable from those of the title ranked above. A dagger (†) indicates that some bookstores report receiving bulk orders.