New year, new challenges, new blessings, new resolutions. The journey begins again and AdventistBookCenter.com wants to help as you take your next steps down the road of 2011. For spiritual enrichment we present the Spirit of Prophecy Book of the Year – The Truth About Angels. To deepen your understanding of the weekly Sabbath School lessons, we recommend Mental and Emotional Health, the book especially designed to coordinate with the quarterly. We also have several book suggestions for improving your physical health, including nutritious recipes. The CDs produced by Fountainview Academy feature wonderful musical talent and a deep spiritual message. God’s promises are true: "His compassions fail not. They are new every morning." Lam. 3:22, 23

Ellen G. White often lifted the veil between the seen and the unseen world, setting forth the truth about angels and their involvement in events on earth, as she described what God brought to her mind. Beginning with Lucifer’s rebellion in heaven and continuing to the work of angels after the end of sin, The Truth About Angels provides a behind-the-scenes view of the existence and activities of angels as they go about the work of heaven. Best of all, it will help you enjoy the fellowship of angels in your
**The Vegetarian Advantage**

In *The Vegetarian Advantage* you will learn how to ensure your nutritional needs are being met and how to avoid the pitfalls made by many new vegetarians. Meal planning guidelines and pointers on how to adopt a plant based diet will teach you how to become a “smart vegetarian.” Quantity pricing available. Paperback, 80 pages. US$2.49.

**Dr. Arnott’s 24 Realistic Ways To Improve Your Health**

Confused about the seemingly endless new and often contradictory health information in circulation today? How about a common-sense reality check on living well? Tim Arnott, MD of the Lifestyle Center of America has produced this helpful book of 24 short, practical health tips based on scientific research and the Bible that will help you live longer, happier, and healthier. Quantity pricing available. Paperback, 64 pages. US$2.49.

**Soups, Salads, & Sandwiches**

The Micheff Sisters have once again combined their creative culinary talents to serve up over 100 fabulous new recipes featuring savory soups, scrumptious salads, and delightful sandwiches. These recipes will help simplify your life while saving you time, energy, and daily walk with God. Hardcover, 314 pages. US$14.99. Order during 2011 and save $3.75!

**Mental and Emotional Health**

In *Mental and Emotional Health*, Dr. Julian Melgosa uses biblical examples and personal illustrations to demonstrate how essential a partnership with Christ is in dealing with the all too human experiences of fear, stress, guilt, depression, jealousy, and addictions. First Quarter 2011 Companion Book for the Adult Bible Study Guides. Paperback, 128 pages. US$12.99.

**Silver Hills Spa Cuisine**

Silver Hills chef Cecile Gordon and culinary artist Eileen Brewer love growing and preparing fresh veggies and berries for guests at their Silver Hills Guest House. Guests remark about wanting to learn to cook vegan and, says Cecile “This cookbook showcases globally-inspired recipes. It's meant to inspire people to create vegan recipes with ease.” Spiral-bound, 268 pages. US$26.95.
There Is A Fountain

Jesus power to wash away the sins of the world—in the fountain of His blood—is the message carried throughout these songs. Selected gospel classics from *Steps to Christ in Song*. Listen to sample clips. Audio CD. US$15.98.

McDougalls' All-You-Can-Eat Vegetarian Cookbook

Eat all the carbs you want—and lose weight? Absolutely!


O Glorious Love


Wayfaring Stranger

These songs of hope and inspiration are sure to lift your spirits wherever you are on the Heavenward journey. Favorite songs are played so simply yet with deep musical themes from the heart. Listen to sample clips. Audio CD. US$15.98.

There Is A River

4 One is a group of four young men, Robby Folkenberg, David Brostrom, Ethan McGrath and Joudain Smith. Through their eagerness to share Jesus, you will be inspired and blessed. Listen to sample clips on ChapelMusic.com. Audio CD. US$15.98.

Satisfied

Jesus satisfies. Jesus offers everything we ever needed or wanted in endless supply! Trust Him! May Jesus be especially near you as these sacred favorites bring you hope, encouragement, inspiration, and satisfaction! Featuring Ethan McGrath on the piano. Listen to sample clips. Audio CD. US$15.98.
Steps To Christ In Song DVD

This musical video production, Steps to Christ in Song, will help make your relationship with Jesus Christ a living reality. Based on the life-changing masterpiece, Steps to Christ, which has brought inspiration to millions of readers, the 13 half-hour episodes are filled with testimonies and songs on 3 DVDs. US$34.98.

Heaven Bound

In the spring of 2003 Fountainview Strings toured the Ukraine and shared 21 concerts at Bible seminar sites sponsored by Outpost Centers International. Heaven Bound is a collection of songs from that tour. Listen to sample clips. Audio CD. US$15.98.