

Confessions Of A Tunderella

The Muslim Bridget Jones - the hilarious romantic comedy from the writer behind Nadiya Hussain's bestselling *The Secret Lives of the Amir Sisters*. Sofia Khan is single once more, after her sort-of-boyfriend proves just a little too close to his parents. And she'd be happy that way too, if her boss hadn't asked her to write a book about the weird and wonderful world of Muslim dating. Of course, even though she definitely isn't looking for love, to write the book she does need to do a little research . . . 'Snort-Diet-Coke-out-of-your-nostrils funny . . . will resonate with any woman who's looking for love' Sarra Manning, author of *It Felt Like a Kiss* 'Funny and sparky . . . a smart and acerbic romcom . . . Read Ayisha Malik's book: it's huge fun.' Jenny Colgan

'Watch out for men with too much wooden jewellery, Amy. I know what you're like... you'll let them sucker you in with their yoga chat but essentially, they're unwashed... and you don't want to put your face anywhere near an unwashed penis, let me tell you.' Carol, receptionist Having announced her plans to quit her job and backpack around South America, humourist and gonzo journalist Amy Baker found herself on the receiving end of a whole bunch of over-the-top and seemingly unnecessary advice. Amy shrugged it all off of course... that is, until she ran into trouble. After falling into a crevasse, swimming in crocodile-infested waters, dodging cocaine con artists and encountering handsome soothsayers, Amy soon starts to wonder if her Mum, boss and Carol from reception really were onto something. Weighing up their advice against that of known 'Clever People' like Tina Fey, Salvador Dalí and Mother Teresa, Amy establishes once and for all who it might actually pay to listen to.

'I absolutely loved this... It's one of the funniest books I've read in ages, perhaps ever! I couldn't get enough of it... a hilariously funny, fast-paced romance.' Netgalley review, 5***** Izzy's always played by the rules. But now, it's time to break them...

Ariel Schrag, a critically-acclaimed memoirist and screenwriter, takes us on a painfully funny tour of her formative years, from her childhood in Berkeley to her mid-twenties in Brooklyn, exploring what it means to connect to others when you don't yet know who you are—when you want to be “part of it” but the “it” changes daily. We meet hippie babysitters, mean girls, best friends, former friends, prom dates, girlfriends, sex ed students, and far too many LensCrafters sales associates. These frank, irreverent, and honest comics revel in the uncomfortable—occasionally cringe-inducing—moments from our early years that end up wiring us as people. Part of *It* further cements Ariel Schrag as “one of the best pure storytellers...in any medium” (*Comics Journal*).

'FRANK, FILTHY and FEROCIOUSLY FUNNY' Sunday Mirror 'I loved every HONEST and HILARIOUS second!' Carrie Hope Fletcher 'Made me CACKLE OUT LOUD on every single page' Daisy Buchanan Lush (adj.) Very rich and providing great sensory pleasure (*Oxford English Dictionary*) (n.) A habitual drunkard (*Oxford English Dictionary*) Gabby and Emma have been best friends since primary school in Wales. Emma has a stable job, a nice home and has just got engaged. Gabby has had a succession of disastrous one-night stands and awful jobs since drama school . . . and she has just been diagnosed with scurvy. She has one year until the wedding to pull herself together and prove to her friends and family that she can be a proper grown-up. Described by Caitlin Moran as 'filthy, immoral and incredibly funny', Gabrielle Fernie's blog, loveisa4letterturd.com, catalogued her life as a struggling actress with a taste for

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gin. Here, in her first book, she shares her most raucous stories with eye-watering honesty. It is a laugh-out-loud account of a young woman trying to find her place in the world. Readers love Lush: 'Best book I have read for a very long time! Absolutely hilarious!' 'Thanks for making me laugh out loud on the tube like a weirdo and for making me miss my stop more than once' 'Moments of true absurdity partnered with genuinely touching stories of friendship in your twenties makes for an excellent read' 'I would recommend this book to anyone who's ever doubted themselves; as a little reminder that no matter how ridiculous your life seems to have become, Gabrielle Fernie's has always been hilariously and irrevocably far, far worse'

"I have 15 tailor made suits and over 50 shirts that I can wear for work. To ensure that I don't repeat the same combinations too often, I keep a spreadsheet that notes which suits were worn with which shirts and ties on which day." When his best friend describes him as being as shallow as a worms grave, and challenges him to keep a diary for a month to see what a hollow life he's leading, Simon Woolcot, a spoilt forty something British Expat rises to the challenge. For a month he keeps a diary of his life in Amsterdam, a tale of fine dining, womanizing, romps in sex clubs, bespoke tailoring and office politics. The book is divided into the seven deadly sins, lust, greed, gluttony, sloth, envy, pride and wrath all of which are committed during the course of this book. Based on the popular blog, the Amsterdam confessions of a shallow man, the book provides plenty of insights into life in the Netherlands through the eyes of that cities shallowest man. An adult comedy for a mature audience amsterdamshallowman.com The eBook Number One bestseller The hottest book of the summer. A sassy, laugh out loud beach read everyone is talking about ***** Hot Mess [n.] - someone attractive, who is often in disarray. Have you ever shown up to Sunday brunch still smelling of Saturday night? Chosen bed, Netflix and pizza over human contact? Stayed in your mould-ridden flat because it's cheap? Meet your spirit animal, Ellie Knight. Her life isn't turning out exactly as she planned. She hates her job, her friends are coupling up and settling down, and her flatmates are just plain weird. Some people might say she's a hot mess but who really has their sh*t together anyway? For fans of Fleabag and Girls, this is a fresh and funny coming-of-age story with a single-girl heroine that will speak to millennials everywhere. ***** 'The laugh-out-loud literary equivalent of Trainwreck-meets-Fleabag' Glamour 'A breath of fresh air, deftly subverting some of chick lit's biggest clichés' Stylist 'More lifestyle-affirming than Bridget Jones' Sarah Knight, author of The Life Changing Magic of Not Giving a F*ck 'If you love dirty jokes, dating horror stories and hilarious dialogue, this book is for you' Emma Gannon, author and podcast host of Ctrl Alt Delete 'I laughed and sighed with recognition as I turned every page' Daisy Buchanan, author of How To Be a Grown-Up

'I lost count of the number of times I laughed out loud, I was rooting for Laura from the first page. Tender, funny, smart and brilliantly observed. The perfect blend of uplifting escapism and social satire, an utter page turner and such a clever, perceptive moving one. I LOVED it!' DAISY BUCHANAN No one's life is as perfect as it looks. Least of all Laura Morrison's. (Although she's not sure how perfect hanging onto your job by a thread and sleeping on an air mattress at your sister's looks, in all honesty.) When Laura gets the chance to trial Cupid - a high-tech new dating service which will draw on everything she's ever done online to find her perfect match - she figures it's got to be worth a try. She can't believe her luck when good-looking, kind considerate Adam turns

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up for their first date. On paper he's...well...perfect. But when Laura develops feelings for the person who led her to Adam in the first place, familiar doubt creeps in. Maybe for life to start falling into place, Laura has to learn to let go... Sharply-observed and laugh-out-loud funny, *NO SUCH THING AS PERFECT* is the perfect novel for anyone who has ever wondered if there's a formula for finding love.

_____ 'Brimming with wit and razor sharp observations' SOPHIE COUSENS, author of *This Time Next Year* 'Poignant, warm and very, very clever, this is perfect for anyone who thinks they're the only one without the answers. I felt vindicated and lifted after I'd read it!' LAURA JANE WILLIAMS 'I ADORED it! Fast, funny, relatable and super uplifting, with a genius premise and a loveable lead character I was hugely invested in. Every page had me hooked.' HELLY ACTON 'This is a smart thoughtful romcom with real heart and a deeply satisfying ending.' RED 'A fresh, funny, sexy tale of dating woes, family expectations, technological adventure, and loyal friendships, this book will make your world a brighter place' KATHERINE HEINY 'It is so funny (properly laugh-out-loud funny) and smart and full of characters I feel like I know' LAURA KAY 'Whip-smart on relationships, especially the trickiest of family dynamics, all so tenderly and charmingly drawn too' ABBIE GREAVES

Nur ein Wisch und der richtige Mann ist da. So einfach soll das bei der Dating-App „Tinder“ angeblich gehen. Rosy findet, dass es einen Versuch wert ist. Was hat sie schon zu verlieren? Single ist sie ja schon. Die ungeschriebenen Regeln lernt sie dabei auf die harte Tour kennen: Typen, die sich mit nacktem Oberkörper auf ihren Profilbildern zeigen, sind meist Idioten. Ein Match verheißt noch lange keine große Liebesgeschichte. Und ein tolles Date hat manchmal keine Fortsetzung. Rosy tindert sich trotzdem wacker durchs Leben, verliebt sich in die Falschen, verkennt die Guten und wischt so lange weiter, bis eines Tages etwas ganz und gar Unerwartetes passiert ...

Guardians of the Galaxy meets The Hobbit in this rollicking fantasy adventure series. The Dragons who once ruled over the land are dead. The motley crew that stumbled through that revolution are rich and praised as saviors. Everyone gets to live happily ever after, right? Right? Well, it might have worked out that way if the dragons in Kondorra had been the only ones. If they hadn't been just the tip of the spear about to fall upon the whole world... The Dragon Lords
The Dragon Lords: Fool's Gold
The Dragon Lords: False Idols

The collection showcases new research in the field of cultural and historical narratology. Starting from the premise of the 'semantisation of narrative forms' (A. Nünning), it explores the cultural situatedness and historical transformations of narrative, with contributors developing new perspectives on key concepts of cultural and historical narratology, such as unreliable narration and multiperspectivity. The volume introduces original approaches to the study of narrative in culture, highlighting its pivotal role for attention, memory, and resilience studies, and for the imagination of crises, the Anthropocene, and the Post-Apocalypse. Addressing both fictional and non-fictional narratives, individual essays analyze the narrative-making and unmaking of Europe, Brexit, and the Postcolonial. Finally, the collection features new research on narrative in media

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culture, looking at the narrative logic of graphic novels, picture books, and newsmedia.

Computers have changed not just the way we work but the way we love. Falling in and out of love, flirting, cheating, even having sex online have all become part of the modern way of living and loving. Yet we know very little about these new types of relationship. How is an online affair where the two people involved may never see or meet each other different from an affair in the real world? Is online sex still cheating on your partner? Why do people tell complete strangers their most intimate secrets? What are the rules of engagement? Will online affairs change the monogamous nature of romantic relationships? These are just some of the questions Professor Aaron Ben Ze'ev, distinguished writer and academic, addresses in this book, a full-length study of love online. Accessible, shocking, entertaining, enlightening, this book will change the way you look at cyberspace and love forever.

Nora Ephron meets Bridget Jones's Diary in Guardian columnist Stella Grey's heartrendingly honest, witty memoir about her online odyssey to find real love in a virtual world. "The literary equivalent of the When Harry Met Sally line, 'tell me I'll never be out there again'."—JoJo Moyes, #1 New York Times bestselling author of *Me Before You* Singers may croon about love being lovelier the second time around, but it can also be far more complicated. When Stella Grey's husband leaves her for another woman, she fears she'll be unhappy and alone for the rest of her life. But daytime vodka-drinking and ice-cream are only short-term consolations. Realizing that she needs to take her future into her own hands, Stella dives into the world of online dating. What follow are 693 days of hilarious, depressing, and baffling encounters that unfold both in person and online. Stella quickly discovers that the more perfect a man appears on her screen, the warier she should be. It's a game of chance, with some players perfectly willing to lie to get what they want, whether that's a lifetime of love or a very brief encounter. Amid flirty emails, Skype chats, and awkward small talk over glasses of bad wine (which may or may not lead to awkward sex), Stella struggles to remain optimistic. To succeed, does she have to redefine the kind of man she's looking for—or change the kind of woman she is? Funny, raw, and heartwarming, this book is a brutally honest account of the world of online dating—a world which so many of us are a part of, no matter our age—drawn from Stella's hugely popular Guardian column, "Mid-life Ex-Wife" (and expanded with new material) about her search for a second chance at love.

This is the first authoritative reference work to map the multi-faceted and vibrant site of citizen media research and practice, incorporating insights from across a wide range of scholarly areas. Citizen Media is a fast-evolving terrain that cuts across a variety of disciplines. It explores the physical artefacts, digital content, performative interventions, practices and discursive expressions of affective sociality that ordinary citizens produce as they participate in public life to effect aesthetic or socio-political change. The seventy-five entries featured in this

pioneering resource provide a rigorous overview of extant scholarship, deliver a robust critique of key research themes and anticipate new directions for research on a variety of topics. Cross-references and recommended reading suggestions are included at the end of each entry to allow scholars from different disciplinary backgrounds to identify relevant connections across diverse areas of citizen media scholarship and explore further avenues of research. Featuring contributions by leading scholars and supported by an international panel of consultant editors, the Encyclopedia is essential reading for undergraduate and postgraduate students as well as researchers in media studies, social movement studies, performance studies, political science and a variety of other disciplines across the humanities and social sciences. It will also be of interest to non-academics involved in activist movements and those working to effect change in various areas of social life.

'Totally relatable and hilarious - one of the best books I've read' - Heat 'Laugh-out-loud funny. Truly, the Bridget Jones for our generation' - Louise O'Neill What do you get if you cross a dozen drunk hens with one shiny Butler in the Buff? Meet Lilah Fox. She's on the hen do from hell. Then she gets a message (44 of them, actually) from her best friend with big news: she's getting married in six months. Oh, and Lilah's her maid of honour. Which means she just got signed up for: - A military schedule of wedding fairs and weekly planning meetings - Excel spreadsheets and endless hen emails - All the enforced, expensive fun you can imagine... What fresh hell is this? ***** Everyone loves Lucy Vine: 'So ridiculously accurate I had to take a lie down from all my genuine laughing-out-loud' Laura Jane Williams 'Relatable to the max...fans of Hot Mess will love it' Grazia 'Very funny and a joy to read! I adored it!' Joanna Bolouri, bestselling author of The List 'One of my very favourite writers... It's wildly funny AND about my very favourite genre of everything - painfully obsessive wedding planning. I inhaled this. If you like laughing a lot, I recommend that you pre order immediately' Daisy Buchanan 'What Fresh Hell is so brilliantly, hilariously, on-point about the nutso psychology of hen dos. For anyone whose ever found themselves thinking, "Oh £260 for the weekend. That's not too bad." READ IT' Holly Bourne 'I LOVED this. Caps for emphasis...This is relatable AF and you need it in your life' Hanna Doyle

Katniss Everdeen (The Hunger Games), Bella Swan (Twilight), Tris Prior (Divergent), and other strong and resourceful characters have decimated the fairytale archetype of the helpless girl waiting to be rescued. Giving as good as they get, these young women access reserves of aggression to liberate themselves—but who truly benefits? By meeting violence with violence, are women turning victimization into entertainment? Are they playing out old fantasies, institutionalizing their abuse? In *Hunting Girls*, Kelly Oliver examines popular culture's fixation on representing young women as predators and prey and the implication that violence—especially sexual violence—is an inevitable, perhaps even celebrated, part of a woman's maturity. In such films as *Kick-Ass*

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(2010), *The Girl with the Dragon Tattoo* (2011), and *Maleficent* (2014), power, control, and danger drive the story, but traditional relationships of care bind the narrative, and even the protagonist's love interest adds to her suffering. To underscore the threat of these depictions, Oliver locates their manifestation of violent sex in the growing prevalence of campus rape, the valorization of woman's lack of consent, and the new urgency to implement affirmative consent apps and policies.

How much more fun in life could I have had if I'd just stopped worrying so much and stopped beating myself up? In this book, Cherry reveals the things she wishes her mother had told her, through a series of hilarious anecdotes and excruciating confessions. Each chapter opens with a letter to a different body part: 'Letters to my Fanny' covers sex, orgasms and periods; 'Letters to my Brain' covers education, memory and media; 'Letters to my Tummy' covers crop-tops, pregnancy and sit-ups. This wonderfully warm, funny and candid book is a collection of hopeful dispatches from the frontline of girlhood - an impassioned plea to stop piling pressure on girls and young women and allow them to get on with their lives without having to mind the thigh gap . . .

Cinderella's transformation from a lowly, overlooked servant into a princess who attracts everyone's gaze has become a powerful trope within many cultures. Inspired by the Cinderella archive of books and collectables at the University of Bedfordshire, the essays in this collection demonstrate how the story remains active in various different societies where social and family relationships are adapting to modern culture. The volume explores the social arenas of dating apps and prom nights, as well as contemporary issues about women's roles in the home, and gender identity. Cinderella's cultural translation is seen through the contributors' international perspectives: from Irish folklore to the Colombian *Cenicienta costeña* (Cinderella of the coast) and Spanish literary history. Its transdisciplinarity ranges from fashion in Charles Perrault and the Brothers Grimm's publications to a comparison of Cinderella and Galatea on film, and essays on British authors Nancy Spain, Anne Thackeray Ritchie and Frances Hodgson Burnett.

Break your crippling addiction to approval and learn to be less "nice". Do you keep your mouth shut for fear of falling out of people's graces? Feel that you need to please and serve to stay in your social circles? You have the need to please, and all the associated beliefs. Stop bitterness, resentment, and anxiety from always saying yes. Stop People Pleasing is a frank look at people-pleasing tendencies - where they come from, how they manifest, and exactly what to do about them. Most importantly, the book emphasizes real, actionable tactics to change your relationship with yourself and others. This book was written by a recovering people-pleaser, so you can be sure that there is a real understanding of your struggles. Reprogram your beliefs and learn to accept yourself. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience,

coaching, and real life experience. Find your voice, stand up for yourself, and put yourself first. •The psychological and often traumatic origins of people-pleasing tendencies. •The harmful beliefs you subconsciously possess and how to alter them. •How to learn new, empowering habits. Learn the deep origins of your need to please, and how to set healthy boundaries. •How to set boundaries, and avoid porous ones. •A plethora of strategies to say no and make your thoughts known. •Understand your guilt and get better with confrontation.

The late Leszek Kolakowski was one of the most influential philosophers of the twentieth century. A prominent anticommunist writer, Kolakowski was also a deeply humanistic thinker, and his meditations on society, religion, morality, and culture stand alongside his political writings as commentaries on intellectual—and everyday—life in the twentieth century. Kolakowski's extraordinary empathy, humor, and erudition are on full display in *Is God Happy?*, the first collection of his work to be published since his death in 2009. Accessible and wide ranging, these essays—many of them translated into English for the first time—testify to the remarkable scope of Kolakowski's work. From a provocative and deeply felt critique of Marxist ideology to the witty and self-effacing "In Praise of Unpunctuality" to a rigorous analysis of Erasmus' model of Christianity and the future of religion, these essays distill Kolakowski's lifelong engagement with the eternal problems of philosophy and some of the most vital questions of our age. The 2018 updated version of the best selling book for men on Flirting, Dating and Seducing women. Ryan Harris has been a leading voice of reason and advice for men for over a decade. Always determined to cut out the BS and nonsense, he produces information that is easy to follow, realistic to implement and most importantly has been proven to work. No fancy gimmicks, just solid and actionable advice. Some of the topics covered in this book include: - How To Easily & Quickly Master The Art of Flirting - How To Make A Successful Approach - The Skills To Interact Successfully - Quickly Overcome Shyness - Body Language and How To Use It - Effective Strategies For Success - Reading Her Cues / How To Know When A Woman Is Into You - Moving It On To The Sexual Stage - Flirt More, Date More, Seduce More and so much more! The 2018 updated version is available now on Kindle, Paperback and Audible.

If you could share one lesson from your life with every woman, what would it be? Stylist magazine has asked that question of remarkable women from the worlds of entertainment, politics, sport and fashion. With honesty, wit and a serious no-BS attitude, their lessons address the challenges every woman faces today, from climbing the career ladder and finding inner fulfilment, to forging authentic relationships and overcoming life's setbacks. Each of these impressive women, including actress Romola Garai and comedian Francesca Martinez, has a tale to tell and an experience to share. Empowering, engaging and unapologetically impassioned, their incisive observations will make you think, reflect - and kick serious ass. These are life lessons for women, by women.

From the bestselling author of *My Husband's Wife*, one man's disappearance

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throws four women's lives into chaos--who will survive? Vicki works as an aromatherapist, healing her clients out of her home studio with her special blends of essential oils. She's just finishing a session when the police arrive on her doorstep--her ex-husband David has gone missing. Vicki insists she last saw him years ago when they divorced, but the police clearly don't believe her. And her memory's hardly reliable--what if she did have something to do with it?

Meanwhile, Scarlet and her mother Zelda are down on their luck, and at eight years old, Scarlet's not old enough to know that the "game" her mother forces her to play is really just a twisted name for dealing drugs. Soon, Zelda is caught, and Scarlet is forced into years of foster care--an experience that will shape the rest of her life . . . David's new wife, Tanya, is the one who reported him missing, but what really happened on the night of David's disappearance? And how can Vicki prove her innocence, when she's not even sure of it herself? The answer lies in the connection among these four women--and the one person they can't escape.

'Under an Amber Sky is simply Sublime. I was cast under a spell and was completely enthralled. Definitely a feast of different emotions. I loved it!' - Dash Fan, Blogger From the bestselling author of GARDEN OF STARS comes a heartwarming and emotional story of hope and second chances.

The laugh-out-loud true story of one girl's experience of life on Tinder. Rosy Edwards is the epitome of a contradictory twenty-something year old. She's frugal when it comes to food shopping, but is willing to splash out on shampoo. She's career minded, she just doesn't know which career to have in mind right now. And although she's happy being single, a part of her kind of wants a boyfriend. So after a few unsuccessful dates with friends of friends (read: being forced to date their shortest/dullest/oddest acquaintance), she put herself on Tinder, the app that has transformed the world of online dating. And she soon learns the unspoken rules the hard way: always reject a guy with black and white profile pics (he is ginger and/or ugly); is wearing a hat (bald); has a shot of his torso (moron) or is not standing beside anything scaleable (5"8 and under). And then there are the dates themselves. From a sky-high dinner date to a borderline drug bust in Chelsea, Rosy has experienced it all, swinging through her love life on the trapeze of Tinder. She falls for the wrong guys, ditches the nice ones, but can she finally find her happy ending. Brilliantly honest and hilariously funny, Rosy's story shows us all that the key to a successful love life could just be a swipe away.

Amateur sleuth Jessica Fletcher accepts a free voyage on a luxury ocean liner in exchange for directing a play to entertain the passengers and finds herself searching for the killer of the play's leading lady

This book is jam-packed with handy tips, bite-sized wisdoms & thoughtful illustrations to help you navigate through feelings like anxiety, stress, worry, guilt & sadness. Within these pages you will find practical tools & insights to help you tackle your day-to-day tricky emotions.

#1 NEW YORK TIMES BESTSELLER • "With the benefit of hindsight and good old-fashioned maturity, [Mimi Alford] writes not just about the secret, but the corrosive effect of keeping that secret. . . . You can't help liking her, or her elegant and thoroughly good-natured book."—The Spectator

In the summer of 1962, nineteen-year-old Mimi Beardsley arrived in Washington, D.C., to begin an internship in the White House press office. After just three days on the job, the privileged but sheltered young woman was presented to the President himself. Almost immediately, the two began an affair that would continue for the next eighteen months.

Emotionally unprepared to counter the President's charisma and power, Mimi was also ill-equipped to handle the feelings of isolation that would follow as she fell into the double life of a

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college student who was also the secret lover of the most powerful man in the world. After the President's assassination in Dallas, she grieved alone, locked her secret away, and tried to start a new life, only to be blindsided by her past. Now, no longer defined by silence or shame, Mimi Alford finally unburdens herself with this unflinchingly honest account of her life and her extremely private moments with a very public man. This paperback edition includes a special Q&A, in which the author reflects on the intense media attention surrounding the book's initial release. *Once Upon a Secret* is a moving story of a woman emerging from the shadows to reclaim the truth. "What [Alford] sacrificed in lucre she has more than recovered in credibility and dignity."—The Washington Times "Compelling . . . a polished voice telling a credible story you can take to the bank."—Seattle Post-Intelligencer "Explosive . . . searingly candid."—New York Post

'Shocking, tender and funny... as gripping as a thriller' Miranda Sawyer Mind-boggling, heart-rending and darkly comic, this is the full story for the first time, from the writer of the Guardian column *Midlife Exwife*....

'No one else can make me laugh and cry quite like Jilly Cooper.' Gill Sims 'Jilly Cooper's non-fiction is just as entertaining as her novels.' Pandora Sykes _____ 'One truth I have learnt, as middle age enmeshes me like Virginia creeper, is that I shall never change—because my capacity for self-improvement is absolutely nil.' Jilly Cooper's observations from her days as a much-loved newspaper columnist cover everything to do with sex, socialising and survival - from marriage, friendship and the minutiae of family life, to the tedium of going to visit people for the weekend, the stress of hosting dinner parties and the descent of middle age. Entertaining and full of heart, this classic collection of journalism from the legendary author explores the highs and lows of everyday life with wit, wisdom and warmth. Praise for Jilly Cooper: 'Joyful and mischievous' Jojo Moyes 'Fun, sexy and unputdownable' Marian Keyes 'Flawlessly entertaining' Helen Fielding

Tinderella is an autobiographical comic about online dating, living poor and being a dumb 20-something. Intense work out sessions, a series of unsatisfying Tinder dates, and a bout of pink-eye; over confident and crude, Harkness's work is hilarious and emotionally agonizing. *Tinderella* is M.S. Harkness' debut graphic novel.

Guardians of the Galaxy meets *The Hobbit* in this rollicking fantasy adventure. It's not easy to live in a world ruled by dragons. The taxes are high and their control is complete. But for one group of bold misfits, it's time to band together and steal back some of that wealth. No one said they were smart.

The bestselling author of *American Housewife* and *Southern Lady Code* returns with a viciously funny, deeply felt collection of essays on friendship among grown-ass women. When Helen Ellis and her lifelong friends arrive for a reunion on the Redneck Riviera, they unpack more than their suitcases: stories of husbands and kids; lost parents and lost jobs; powdered onion dip and photographs you have to hold by the edges; dirty jokes and sunscreen with SPF higher than they hair-sprayed their bangs senior year; and a bad mammogram. It's a diagnosis that scares them, but could never break their bond. Because women pushing fifty won't be pushed around. In these twelve gloriously comic and moving essays, Helen Ellis dishes on married middle-age sex, sobs with a theater full of women as a psychic exorcises their sorrows, gets twenty shots of stomach bile to the neck to get rid of her double chin, and gathers up the courage to ask, "Are you there, Menopause? It's Me, Helen." A book that reads like the best cocktail party of your life, *Bring Your Baggage and Don't Pack Light* is chockablock with

fabulous characters: cat-lady plastic surgeons and waterpark Adonises; bridge ladies and poker players; platinum medallion fliers and Garage Sale Swindlers; forty-year-old divorcées; fifty-year-old new moms and still-young octogenarians. Alive with the sensational humor and ferocious love for her friends that won Helen Ellis legions of fans, this book has a raw vulnerability and an emotional generosity that takes this acclaimed author to a whole new level of accomplishment.

Bryony Gordon survived her adolescence by dreaming about the life she'd have in her twenties: the perfect job; the lovely flat; the amazing boyfriend. The reality was something of a shock. Her Telegraph column was a diary of her daily screw-ups; she lived in a series of squalid shoe boxes; and her most meaningful relationship of the entire decade was with a Marlboro Light. Here in the Sunday Times bestselling *THE WRONG KNICKERS* Bryony busts open the glamorized myth of what it means to be a young (perpetually) single girl about London town, and shares the horrible and hilarious truth. The truth about picking up a colleague at the STI clinic; sinking into debt to fund a varied diet of wine, crisps and vodka; and how it feels when your dream man turns out to be a one night stand who hands you someone else's knickers in the morning. Bryony's wonderfully ridiculous and ultimately redemptive story is essential reading for everyone whose 'best years' weren't quite what they were expecting...

Just 10 minutes of training per day can help you work towards unlocking your body's full potential. Beginning with a basic squat (which we as children do naturally but then as adults struggle to perform), 'The Flexible Body : Move better anywhere, anytime in 10 minutes a day' guides you through a series of positions, stretches, rolls and balances that re-train your body to move like it once could. Forget everything you think you know about exercise. International model and fitness expert Roger Frampton has developed a revolutionary new approach to movement, designed to get your body working in the way it was designed to. We are born with perfect spines that can move in millions of ways. But our sedentary western lifestyles rob us of our natural range of motion and leave us with stiff bodies, bad posture and a high incidence of back pain. Inspired by advanced yoga practitioners and Olympic gymnasts, and in consultation with leading figures from both fields, Roger has developed a simple but highly effective set of exercises known as the Frampton Method, designed to de-restrict your body and help you reach optimum strength and flexibility with no need for any kind of equipment, weights or gym membership. Split into method and movement sections, the movement sections covers a range of positions from hip actions to headstands, and then explain how to take each movement to the next level as you become more advanced. With a thorough explanation of the philosophy and science behind the method, plus hacks for incorporating it into your day-to-day life, this book will inspire you to put down the weights, forget HIIT, reclaim your body and achieve a level of fitness you've only ever dreamed of.

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The focus of this book is on the media representations of the use of the Internet in seeking intimate connections—be it a committed relationship, a hook-up, or a community in which to dabble in fringe sexual practices. Popular culture (film, narrative television, the news media, and advertising) present two very distinct pictures of the use of the Internet as related to intimacy. From news reports about victims of online dating, to the presentation of the desperate and dateless, the perverts and the deviants, a distinct frame for the intimacy/Internet connection is negativity. In some examples however, a changing picture is emerging. The ubiquitousness of Internet use today has meant a slow increase in comparatively more positive representations of successful online romances in the news, resulting in more positive-spin advertising and a more even-handed presence of such liaisons in narrative television and film. Both the positive and the negative media representations are categorised and analysed in this book to explore what they reveal about the intersection of gender, sexuality, technology and the changing mores regarding intimacy.

Jim Bryde, sled dog racer, always had the ambition to place first in the pinnacle of Britain's sled dog racing, the competition 'Aviemore'. This is the story of his life shared with Siberian Huskies; the trouble, love and tragedy that can come with a passion for racing and indeed for the dogs themselves. Jim's beloved dogs include the loveable Joker, stubborn Dansa, the placid and friendly Bandit, but could it be Gun, son of Fly and Maji, and Gun's subsequent bloodline, who can finally lead Jim's team to victory, after many years of placing second? While Jim's personal life sometimes overlaps into the world of racing, the passion for his hobby can be felt in every word of this endearing account of sled dog racing. To those interested in owning Siberian Huskies and racing sled dogs, his own individual accounts of his experiences are full of valuable tips.

'Can you smell what The Rock is cooking?!' He has yet to encounter an obstacle he couldn't overcome. He's the WWE legend as eight-time champion, he's outlasted being buried up to his neck in a desert (The Scorpion King), battled the giant Tamatoa (Moana), ruthless mercenaries (Jumanji), and murderous racers (the Fast and Furious series) all thanks to his motivation and drive. Do you want to learn how to do the same? Then get inspired with this uplifting collection of quotes from the man himself on success, wrestling, fitness, family and more. What else can we say, except, you're welcome?!

"Follow frumpy, misguided Muriel Heslop on her lifelong quest for a glitzy fairy-tale wedding. With visions of nuptials dancing in her head, this ABBA-obsessed misfit ditches her pathetic life and plastic friends in a small Australian suburb for big-city dreams in Sydney." [box cover note].

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