

Four Steps Wendy Hudson

Factory mechanic Duke Crawford just wants to watch SportsCenter in peace. Unfortunately, living with four divorcee sisters doesn't provide much silence, nor does it change his stance on relationships. But when a fellow commitment-phobe stumbles into his life, getting him good and worked up, he can't deny his protective instincts. Samantha Waverly's brother just put her in an impossible situation. The only way out? Marry huge, gruff, gladiator look-alike Duke—for show, of course. She doesn't make promises—she knows too well how easily they can be broken—and this is no exception. As the blistering attraction between them grows, the lines around the no-strings relationship blur. But Duke and Samantha's marriage is only for show...or is it? Each book in the Made in Jersey series is STANDALONE: * Crashed Out * Thrown Down * Worked Up * Wound Tight

From the Academy Award®-winning actor, an unconventional memoir filled with raucous stories, outlaw wisdom, and lessons learned the hard way about living with greater satisfaction “Unflinchingly honest and remarkably candid, Matthew McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand.”—Mark

Manson, author of *The Subtle Art of Not Giving a F*ck* I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to

church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

Two teenagers, strangers to each other, have decided to jump from the same bridge at the same time. But what results is far from straightforward in this absorbing, honest lifesaver from acclaimed author Bill Konigsberg.

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of The Fault in our Stars. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

- More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated

into 35 languages • Voted Top 100 Business Book of All Time on Goodreads
People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. **YOU WANT LESS.** You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. **AND YOU WANT MORE.** You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. **NOW YOU CAN HAVE BOTH — LESS AND MORE.** In **The ONE Thing**, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what

matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

#1 NEW YORK TIMES BESTSELLER • In Danielle Steel's powerful new novel, four trauma doctors—the best and brightest in their field—confront exciting new challenges, both personally and professionally, when given an unusual opportunity. Bill Browning heads the trauma unit at San Francisco's busiest emergency room, SF General. With his ex-wife and daughters in London, he immerses himself in his work and lives for rare visits with his children. A rising star at her teaching hospital, UCSF at Mission Bay, Stephanie Lawrence has two young sons, a frustrated stay-at-home husband, and not enough time for any of them. Harvard-educated Wendy Jones is a dedicated trauma doctor at Stanford, trapped in a dead-end relationship with a married cardiac surgeon. And Tom Wylie's popularity with women rivals the superb medical skills he employs at his Oakland medical center, but he refuses to let anyone get too close, determined to remain unattached forever. These exceptional doctors are chosen for an honor and a unique project: to work with their counterparts in Paris in a mass-casualty training program. As professionals, they will gain invaluable knowledge from the program. As ordinary men and women, they will find that the City of Light opens up incredible new possibilities, exhilarating, enticing, and frightening. When an

unspeakable act of mass violence galvanizes them into action, their temporary life in Paris becomes a stark turning point: a time to face harder choices than they have ever made before—with consequences that will last a lifetime. From Mariah Stewart, New York Times bestselling author of The Chesapeake Diaries series, comes the next book in her popular Hudson Sisters series, which follows a trio of reluctant sisters who set out to fulfill their father's dying wish and discover themselves in the process in this “sweet reminder of the importance of family” (First for Women). California girl Allie Hudson Monroe can't wait for the day when the renovations on the Sugarhouse Theater are complete so she can finally collect the inheritance from her father and leave Pennsylvania. After all, her life and her fourteen-year-old daughter are in Los Angeles. But Allie's divorce left her tottering on the edge of bankruptcy, so to keep up on payments for her house and her daughter's private school tuition, Allie packed up and flew out east. But fate has a curve-ball or two to toss in Allie's direction—she just doesn't know it yet. She hadn't anticipated how her life would change after reuniting with her estranged sister, Des, or meeting her previously unknown half-sister, Cara. And she'd certainly never expected to find small-town living charming. But the biggest surprise was that her long-forgotten artistry would save the day when the theater's renovation fund dried up. With opening day upon the

sisters, Allie's free to go. But for the first time in her life, she feels like the woman she was always meant to be. Will she return to the West Coast and resume her previous life, or will the love of "this amazing, endearing family of women" (Robyn Carr, #1 New York Times bestselling author) be enough to draw her back to the place where the Hudson roots grow so deep?

"On a remote Highland mountain, a body burns. All that's left behind are the victim's teeth and a fragment of silk. Meanwhile, in the hidden room of a house in Edinburgh, a second woman screams into the darkness. It's D.I. Luc Callanach's first day with Police Scotland, and he's handed a homicide investigation. With everything to prove, he and his new colleague D.I. Ava Turner are up against a killer who meticulously covers his tracks. When a third woman is taken, Callanach is desperate to prevent another innocent death--but the real fate of these woman is more twisted than he could have ever imagined..."--Back cover.

A founder of Animal Fair magazine presents a lifestyle book for canine aficionados that shares tips for incorporating one's dog companion into everyday life, covering topics ranging from home design and health care to social activities and traveling. By the author of How to Understand Men Through Their Dogs.

From the Grammy-nominated singer, drummer, and percussionist who is world renowned for her contributions throughout the music industry, a moving memoir about the healing power of

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music and spiritual growth inspired by five decades of life and love on the stage. She was born Sheila Escovedo in 1957, but the world knows her as Sheila E. She first picked up the drumsticks and started making music at the precocious age of three, taught by her legendary father, percussionist Pete Escovedo. As the goddaughter of Tito Puente, music was the heartbeat of her family, and despite Sheila's impoverished childhood in Oakland, California, her family stayed strong, inspired by the music they played nightly in their living room. When she was only five, Sheila delivered her first solo performance to a live audience. By nineteen, she had fallen in love with Carlos Santana. By twenty-one, she met Prince at one of her concerts. Sheila E. and Prince would eventually join forces and collaborate for more than two decades, creating hits that catapulted Sheila to her own pop superstardom. *The Beat of My Own Drum* is both a walk through four decades of Latin and pop music—from her tours with Marvin Gaye, Lionel Richie, Prince, and Ringo Starr to her own solo career. At the same time, it's also a heartbreaking, ultimately redemptive look at how the sanctity of music can save a person's life. Having repeatedly endured sexual abuse as a child, Sheila credits her parents, music, and God with giving her the will to carry on and to build a lasting legacy. Rich in musical detail, pop, and Latin music history, this is a fascinating walk through some of the biggest moments in music from the '70s and '80s. But as Sheila's personal story, this memoir is a unique glimpse into a world-famous drummer's singular life—a treat for both new and longtime fans of Sheila E. And above all, *The Beat of My Own Drum* is a testament to how the positive power of music has fueled Sheila's heart and soul—and how it can transform your life as well.

Warm, wise, and magical—the latest novel by the bestselling author of *THE LITTLE PARIS BOOKSHOP* and *THE LITTLE FRENCH BISTRO* is an astonishing exploration of the

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thresholds between life and death Henri Skinner is a hardened ex-war reporter on the run from his past. On his way to see his son, Sam, for the first time in years, Henri steps into the road without looking and collides with oncoming traffic. He is rushed to a nearby hospital where he floats, comatose, between dreams, reliving the fairytales of his childhood and the secrets that made him run away in the first place. After the accident, Sam—a thirteen-year old synesthete with an IQ of 144 and an appetite for science fiction—waits by his father's bedside every day. There he meets Eddie Tomlin, a woman forced to confront her love for Henri after all these years, and twelve-year old Madelyn Zeidler, a coma patient like Henri and the sole survivor of a traffic accident that killed her family. As these four very different individuals fight—for hope, for patience, for life—they are bound together inextricably, facing the ravages of loss and first love side by side. A revelatory, urgently human story that examines what we consider serious and painful alongside light and whimsy, *THE BOOK OF DREAMS* is a tender meditation on memory, liminality, and empathy, asking with grace and gravitas what we will truly find meaningful in our lives once we are gone.

Read the book that has book clubs everywhere falling in love! From the New YorkTimes bestselling author of *If You Only Knew* comes an irresistible, heartbreaking novel. Praise for *On Second Thought*: “Higgins has perfect pitch when it comes to her upstate New York protagonists and their expanded worlds that even extend to Brooklyn. Emotional depth is seared into every page along with wry banter, bringing readers to tears and smiles. Another hit for Higgins.”—Library Journal, starred review “A captivating read about two sisters dealing with love, loss and new beginnings. What sets this book apart is how one event changes both women's lives. Kate is refreshingly frank in her inner monologue, and Ainsley is charmingly self-

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aware and wry.”—RT Book Reviews, *5 STARS* Top Pick! “Higgins' complex, witty characters will seem like close friends, and readers will savor each and every page as they find that love comes in many different flavors and forms. Demand will be high for the latest from this women's-fiction star.”—Booklist, starred review Ainsley O'Leary is so ready to get married—she's even found the engagement ring her boyfriend has stashed away. What she doesn't anticipate is being blindsided by a breakup he chronicles in a blog...which (of course) goes viral. Devastated and humiliated, Ainsley turns to her older half sister, Kate, who's struggling with a sudden loss of her own. Kate's always been the poised, self-assured sister, but becoming a newlywed—and a widow—in the space of four months overwhelms her. Though the sisters were never close, she starts to confide in Ainsley, especially when she learns her late husband was keeping a secret from her. Despite the murky blended-family dynamic that's always separated them, Ainsley's and Kate's heartaches bind their summer together when they come to terms with the inevitable imperfection of relationships and family—and the possibility of one day finding love again.

After a decade as an aid worker, Cameron Donnelly returns home jaded, tired, and with more than just a minor case of PTSD. Plagued by recurring nightmares but refusing to admit he has a problem, Cam quickly spirals into an alcohol-infused depression, and everyone around him is at a loss for how to help. Journalist Tyler Ang met Cam on a reporting assignment in Kenya, and their first encounters were rife with hostility and sexual tension. Back in New York, their paths continually cross, and each time, Cam's brokenness reminds Ty more and more of his own difficult childhood. Letting Cam in goes against Ty's instinct to live life autonomously, but the damaged aid worker manages to sneak past his guard. Their relationship is all sharp

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corners and rough edges, and just as they're figuring out how to fit together, a life-threatening accident puts it all in jeopardy. If they want a future together, both will have to set aside their egos and learn to carry each other's burdens.

What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to maximize potential in themselves and others. Whether you're coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world's talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything.

- **Deep Practice** Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than conventional practice.
- **Ignition** We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development.
- **Master Coaching** What are the secrets of the world's most effective teachers, trainers, and coaches? Discover the four virtues that enable these “talent whisperers” to fuel passion, inspire deep practice, and bring out the best in their students.

These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts.

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Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo's to Michael Jordan's. The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

Perfect for fans of *To All the Boys I've Loved Before* and *The Kissing Booth*, this teen romance is about a girl who follows a trail of paper hearts from her mystery admirer and learns that sometimes love can find you in mysterious ways. Ella's life was picture perfect. She had a circle of close friends, a jam-packed social life, and an amazing boyfriend. But then something completely unexpected happened: a car accident after a Valentine's Day dance. When Ella woke up in the hospital, she couldn't remember the accident . . . or anything about the weeks before it, including the reason she broke up with her boyfriend. Now, a year later, she begins receiving paper hearts from a mysterious admirer who seems to have the answers she craves. Ella is intrigued. The hearts contain clues to help Ella remember her life before . . . and take her on a journey she never imagined. Following the paper hearts is the most spontaneous thing Ella has ever done . . . but will she find love? Underlined is a line of totally addictive romance, thriller, and horror paperback original titles coming to you fast and furious each month. Enjoy everything you want to read the way you want to read it.

AN INSTANT NEW YORK TIMES BESTSELLER! USA Today's top 100 books to read while stuck at home social distancing "No-one does suburban paranoia like Shari Lapena--this slowly unfurling nightmare will have you biting your nails until the end." --Ruth Ware, #1 New York

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Times bestselling author of *The Woman in Cabin 10* The new domestic suspense novel from the New York Times bestselling author of *The Couple Next Door*, *A Stranger in the House*, and *An Unwanted Guest*, Shari Lapena Maybe you don't know your neighbors as well as you thought you did . . . "This is a very difficult letter to write. I hope you will not hate us too much. . . My son broke into your home recently while you were out." In a quiet, leafy suburb in upstate New York, a teenager has been sneaking into houses--and into the owners' computers as well--learning their secrets, and maybe sharing some of them, too. Who is he, and what might he have uncovered? After two anonymous letters are received, whispers start to circulate, and suspicion mounts. And when a woman down the street is found murdered, the tension reaches the breaking point. Who killed her? Who knows more than they're telling? And how far will all these very nice people go to protect their own secrets? In this neighborhood, it's not just the husbands and wives who play games. Here, everyone in the family has something to hide . . . You never really know what people are capable of.

An examination of the AIDS crisis exposes the federal government for its inaction, health authorities for their greed, and scientists for their desire for prestige in the face of the AIDS pandemic.

The third in the hilarious yet sizzling hot Hudson Valley series from New York Time and USA TODAY bestselling author Alice Clayton. Clara Morgan is living the dream, if you can call rebranding hotels that are desperate for a new life and running any kind of marathon a dream. Which she does. But the career she loves and the endurance races that keep her adrenaline pumping have kept her too busy to put down any roots. Growing up in foster care, she's never been able to establish traditions of her own, which may be why she's fascinated by the rituals

that generations-old family resorts are known for. She's especially interested in the Bryant Mountain House, and not just for their secret recipe for the yummy, gooey, can't-get-enough-of Hot Cross Buns.... Archie Bryant, the man with the Buns, is fifth generation and one-day-owner of the charming yet run-down Bryant Mountain House in Bailey Falls, New York. He's determined to save his family's legacy from the wrecking ball the old-fashioned way—by gritting his teeth and doing what needs to be done. There's no way Archie will be influenced by the new hotel branding expert his father brought in to turn one hundred and fifty years of tradition on its head just to attract a faster, younger, slicker crowd. But when some of Clara's ideas start bringing in new, paying customers, Archie can't deny that she may have just given him a shot at keeping his resort open. It's sticky, it's messy, it's sweet, it's Buns.

Trying to find "The One" is never easy and engineer Darcy Harris is finding it tougher than most. It doesn't help she's also dealing with a shadowy stalker trying to make trouble for her. But Darcy's determined not to let anyone ruin her life. Her loyal best friend and boss, Anja Olsen, is stuck in a strange conundrum, forced to question who she has become and who she wants to be. Meanwhile, stranger Eilidh Grey's first instinct is to run fearlessly toward chaos and love. But this time she's on a collision course with fate. A chance meeting on a snowy bridge in Inverness, Scotland, binds all three women together, creating an unexpected, tangled, love triangle. What happens when it all unravels? A compelling, slow-burning, romantic suspense that will keep you guessing right to

the end.

And as streams of light fan out behind the darkened sun like the wings of a butterfly, I realize that I never saw real beauty until now. At Moon Shadow, an isolated campground, thousands have gathered to catch a glimpse of a rare and extraordinary total eclipse of the sun. It's also where three lives are about to be changed forever: Ally likes the simple things in life--labyrinths, star-gazing, and comet-hunting. Her home, the Moon Shadow campground, is a part of who she is, and she refuses to imagine it any other way. Popular and gorgeous (everybody says so), Bree is a future homecoming queen for sure. Bree wears her beauty like a suit of armor. But what is she trying to hide? Overweight and awkward, Jack is used to spending a lot of time alone. But when opportunity knocks, he finds himself in situations he never would have imagined and making friends in the most unexpected situations. Told from three distinct voices and perspectives, Wendy Mass weaves an intricate and compelling story about strangers coming together, unlikely friendships, and finding one's place in the universe.

Four Steps Ylva Verlag E.Kfr.

Three strangers discover their life savings and their trusted financial advisor have vanished, leaving them with co-ownership of a ramshackle beachfront house they

decide to restore in this new novel from the author of *The Accidental Bestseller*.
Original.

I didn't just wake up one day understanding how to take care of myself. I had to learn how to do so over time, and I continue to learn—each and every day. This is a process, and my body is constantly changing. So is yours. And when I learned how to accept that I will always be like this, I relaxed. Our bodies do not stand still for time. When you understand yourself and connect to how you can become body smart, you realize pretty quickly that the perfect, the ideal is not the goal. Instead, the goal is feeling good in your body. That's what leads to confidence, to feeling and looking fit, and being pretty happy. Doesn't that sound great? I think so! In almost every interview she gives, Kate Hudson is asked the same questions: What do you eat? How do you stay so fit? What workout do you do? What's your secret? Well, the secret is that the sound bites the media loves so much don't tell the story, and the steps you need to take to have a healthy, vibrant and happy life can't be captured in a short interview. The key to living well, and healthy, is to plug into what your body needs, understanding that one size does not fit all, all the time, and being truly honest with yourself about your goals and desires. Like everyone else, Kate is constantly on the move, with a life full of work, family, responsibilities and relationships. In *Pretty Happy*, Kate

shows how she honors her relationship with herself through exercise, making the right choices about what she eats, and constantly going back to the drawing board and starting fresh, instead of holding herself to unrealistic standards of perfection and giving up when she falls short. Focusing on the Four Pillars of Health to enhance her well-being, *Pretty Happy* shows the benefits of: Cultivating an Intuitive Relationship With Your Body Eating Well Awakening Your Body through movement The Miracle of Mindfulness Full of questionnaires to help you assess your Body Type and your stress levels, advice about cleanses and keeping your diet and body balanced, and plenty of interactive Drawing Board exercises, *Pretty Happy* is a beautiful, insightful, and personal look at health from the inside out, an authentic plan for an authentic life from a woman who truly lives what she speaks. “Kate Hudson’s *Pretty Happy* is a smart, insightful and realistic primer for making healthy habits part of your everyday life. I met Kate in person, and judging by my impression of her, she must be doing things right. From exercise to mindfulness to knowing what your body really needs to thrive, she pushes you to throw away your ideas around perfection and find your own *Pretty Happy*.”—Alejandro Junger, New York Times bestselling author of *Clean, Clean Gut*, and *Clean Eats* “Though it may seem like sporting that signature winning smile is her natural state of being, Kate Hudson’s path to happiness is

an active one. She refuses to wait for happy to happen. Instead, *Pretty Happy* details all the ways she makes it a priority every day. Honoring our bodies with clean eating and smart cleansing, our minds with meditation, our purpose with authenticity, and our fun with spontaneity, playfulness and pole dancing - yes! - this is a hands-on approach to owning our potential. And if you've ever found yourself wondering how she maintains that famous bod, Kate is spilling the beans on that, too in her trademark best friend-who's-been-there style - lucky us!"—Daphne Oz

Hudson Avery gave up a promising competitive ice skating career after her parents divorced when she was fourteen years old and now spends her time baking cupcakes and helping out in her mother's upstate New York diner, but when she gets a chance at a scholarship and starts coaching the boys' hockey team, she realizes that she is not through with ice skating after all.

Plagued by childhood nightmares Erin Carter embarks on a journey to trace her father. A tentative thread leads her to Hopetoun, in rural Scotland, where she meets Abigail Miller, who quickly becomes her tour guide and search partner. But when Erin's nightmares start to close in, can she defeat them and learn to live again?

Are you ready to find your way out of your box? There is a moment when you

realize your life is no longer your own. You made it picture perfect. You thought it would make you happy and whole. You thought you could seal the walls tight and feel safe. But the panic doesn't pass, and the anxiety seeps in through every crack. Your pain uses perfection to hide the unraveling. But deep inside, you still hear the whisper of a voice that's always been there, calling to you, promising that you were meant for more. In *The Box*, Wendy Tamis Robbins offers a window into the mental illness of an all-star athlete, Ivy League-graduate, and successful attorney. At just 6 years old, Wendy's first panic attack sparked a 40-year struggle with a variety of anxiety disorders: generalized, social and health, eating disorders, phobias, intrusive and suicidal thoughts, and dissociation. Avoiding anything that could trigger her symptoms, she retreats into a box to contain and hide her condition. After years of living in the prison she originally constructed as her safe place, Wendy is no longer willing to limit her life to accommodate her disorders. Raw and powerful, vulnerable and intimate, *The Box* is both a triumphant memoir and an irresistible invitation. It portrays a courageous journey to find the source of a debilitating disorder in order to find the power to overcome it. Wendy's experience reminds us of the redemptive power of forgiveness and the healing power of love, not just for others, but for ourselves. It is a story of courage that reframes mental illness sufferers as

survivors--a powerful portrait of a woman who refused to remain caged in a box of her making. Now, the invitation is yours... if you are willing to accept it. Jamie Maddox is worried about her grip on reality. Has her consciousness really been transported back to 1560, landing in the body of Blanche Nottingham? Not good, since Blanche, a lady-in-waiting for Queen Elizabeth I, is plotting a murder. The other possibility that Jamie faces? She's had a psychotic break that has trapped her in an Elizabethan fantasy while another personality—let's call her Blanche—has taken control of Jamie's life and is jeopardizing everything. Jamie is repeatedly zapped back and forth between the present and 1560 (or in and out of that twisted fantasy). Betrayal, murder, thunderstorms, and two doctors complicate everything as Jamie and Blanche battle to control Jamie's body. Just as Jamie is running out of both hope and time, help—and love—come from a most unexpected place.

Winner of the Legislative Assembly of Ontario's 2016 Young Authors Award
Winner of the 2017 Louise de Kiriline Award for Nonfiction
The age of exploration is not over. When Adam Shoalts ventured into the largest unexplored wilderness on the planet, he hoped to set foot where no one had ever gone before. What he discovered surprised even him. Shoalts was no stranger to the wilderness. He had hacked his way through jungles and swamp, had stared down polar bears

and climbed mountains. But one spot on the map called out to him irresistibly: the Hudson Bay Lowlands, a trackless expanse of muskeg and lonely rivers, caribou and wolf—an Amazon of the north, parts of which to this day remain unexplored. Cutting through this forbidding landscape is a river no explorer, trapper, or canoeist had left any record of paddling. It was this river that Shoalts was obsessively determined to explore. It took him several attempts, and years of research. But finally, alone, he found the headwaters of the mysterious river. He believed he had discovered what he had set out to find. But the adventure had just begun. Unexpected dangers awaited him downstream. Gripping and often poetic, *Alone Against the North* is a classic adventure story of single-minded obsession, physical hardship, and the restless sense of wonder that every explorer has in common. But what does exploration mean in an age when satellite imagery of even the remotest corner of the planet is available to anyone with a phone? Is there anything left to explore? What Shoalts discovered as he paddled downriver was a series of unmapped waterfalls that could easily have killed him. Just as astonishing was the media reaction when he got back to civilization. He was crowned “Canada’s Indiana Jones” and appeared on morning television. He was feted by the Royal Canadian Geographical Society and congratulated by the Governor General. People were enthralled by Shoalts’s

proof that the world is bigger than we think. Shoalts's story makes it clear that the world can become known only by getting out of our cars and armchairs, and setting out into the unknown, where every step is different from the one before, and something you may never have imagined lies around the next curve in the river.

Sydney Rutledge is a rising star in the Los Angeles District Attorney's Office. In the midst of a career making serial murder prosecution she finds herself having an unexpected attraction to the arresting officer in the case - a female police sergeant. The attraction leads her to a confusing journey of self-discovery in regards to her own sexuality. Sergeant Alex Chambers is a talented veteran of the LAPD. Fearless on the streets but gun shy when it comes to relationships - the result of a heartbreak years prior. Despite this she cannot deny the attraction she is feeling towards a certain beautiful - and straight - assistant district attorney. As the women attempt to figure out their emerging relationship, a serial murderer begins targeting female attorneys in the southland. The killings appear to be a copy cat of the case which introduced the two, yet that killer remains behind bars. When it becomes apparent the killer has set his sights on Sydney, Alex vows to protect her - even at the potential cost of her own life.

Thrilling tales of romantic suspense set in the emergency room and the hospital

as a whole. These are romances which go beyond the classic doctor-nurse romances of yesteryear, having more in common with popular contemporary TV dramas such as House, ER, and Scrubs. This is 'medical romance', reinvented for today with an invigorating injection of edgy modern romantic suspense by Janice Lynn, Dianne Drake, Wendy S. Marcus, Fiona Lowe, Jacqueline Diamond and many more.

Fate doesn't always happen overnight. Hudson Bradley is the cockiest, most stubborn, hard-headed man I've ever known. And for fifteen years, he's been my brother's best friend. But lately, what I'm feeling for him isn't friendship at all. Why is my heart racing every time his blue eyes lock on mine? Why does every word he rumbles in my ear make my body come alive? And worst of all, why did I bet him that I could find a woman he and his son would both love? If I hadn't given up on love altogether, Hudson would have been perfect for me. After all, he was there the day my world fell apart. He's spent the last six years piecing me back together. There are a million reasons why we could never work, but after a single kiss, I can't remember any of them. Now that the time is right, I have to make him mine-before I lose him forever.

How did the Democratic Party--party of JFK, LBJ, and civil rights--fall from glory? How did Texas become Bush territory? What do politicians on either side need to

do today to get our country back on track? Ben Barnes has the answers. Barnes had a front-row seat through it all. He won a seat in the Texas Legislature in 1960, at the age of 22, and four years later became the youngest Speaker of the House since the Civil War. In 1968, he helped Congressman George H. W. Bush get his son into the National Guard. How did his party lose its place in Texas, and the nation? Here, Barnes takes readers inside the rise and fall of the party he loves. He uses lessons learned in the Texas trenches as a guiding light for a new generation of lawmakers and political hopefuls, and calls for a return to bipartisan consensus building.--From publisher description.

Lesbian romance and adventure collide in this gripping story of survival and second chances. Georgia Hamilton is an adventurer. After a life spent exploring the most remote places on earth, she's found her way back home to Scotland, where she teaches her expert survival skills. Kelsey Campbell has spent her whole life acting, both personally and professionally, and has had it with the pressure of keeping everyone else happy. Craving somewhere far from the glaring spotlight, she signs up for a two-week team survival course. It's not just the remote island location that appeals to Kelsey. There's the fact she met the course leader years ago and always regretted how they left things. However, just as Georgia and Kelsey are renewing their long-lost connection over bushcraft, a

storm hits, leaving them stranded. With the group's lives now in Georgia's hands, the race is on to find a way home. As the reality of survival kicks in, their battle becomes about more than just facing the elements.

Despite their hopes for smooth sailing, the ladies of Ten Beach Road confront choppy seas in this novel in the bestselling series. Forced to rent out or lose their beloved Bella Flora after the loss of their renovation-turned-reality-TV show *Do Over*, Maddie, Nikki, Avery, Kyra, and Bitsy move into cottages at the Sunshine Hotel and Beach Club believing the worst is over. Only to discover just how uncertain their futures really are. Maddie struggles with the challenges of dating a rock star whose career has come roaring back to life while Nikki faces the daunting realities of mothering twins at forty-seven. Avery buries herself in a tiny home build in an attempt to dodge commitment issues, and Kyra battles to protect her son from the Hollywood world she once dreamed of joining. And Bitsy is about to find out whether the rewards of seeking revenge will outweigh the risks. Luckily, when the going gets tough, the ladies of Ten Beach Road know that their friendship--tried and tested--can chase away the darkest clouds and let the sun shine in...

Dare to Lose is an empowering, innovative approach to weight loss that can help anyone transform their bodies and rev up their metabolism to keep weight off

forever. In her trademark no-nonsense style, Shari Lieberman candidly challenges women to get serious and commit to her lifelong weight-loss program, geared to their individual needs. Lieberman explains the importance of metabolism in weight loss, pointing out the factors that slow down metabolism—such as stress, yo-yo and crash dieting, and sedentary lifestyles—and ways to counteract them. Her four-step program includes eliminating stress and toxins from the body; following sound nutrition guidelines; engaging in fat-burning, muscle-building exercise; and taking nutritional supplements that help boost metabolism for quick yet lasting results.

Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the

compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want to make your brain work for you is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

An anthology of optimistic climate change science fiction stories set in winter.

Confessions of an E.R. nurse... Nurse Ali Forshay has swapped dating disasters for nights out with the girls. But after spending more time than is strictly necessary discussing the man she loves to hate—the notoriously delicious Dr. Jared Padget—Ali's horrifying realization is that she's one hundred percent crazy

in lust with him! Her conclusion: spend a feverish night together. After all, it would just be a onetime thing and it would cure her obsession...wouldn't it?

Seclusion suits Alex Ryan. Haunted by a crime from her past, she struggles to find peace and calm. Lori Hunter dreams of escaping the monotony of her life. A chance encounter in the Scottish Highlands leads Alex and Lori into a whirlwind of heartache and a fight for survival, as they build a formidable bond that will be tested to its limits.

WINNER OF THE NATIONAL BOOK CRITICS CIRCLE AWARD, THE LOS ANGELES TIMES BOOK PRIZE, THE MARK LYNTON HISTORY PRIZE, THE AMERICAN HISTORY BOOK PRIZE Book Four of Robert A. Caro's monumental *The Years of Lyndon Johnson* displays all the narrative energy and illuminating insight that led the Times of London to acclaim it as "one of the truly great political biographies of the modern age. A masterpiece." *The Passage of Power* follows Lyndon Johnson through both the most frustrating and the most triumphant periods of his career—1958 to 1964. It is a time that would see him trade the extraordinary power he had created for himself as Senate Majority Leader for what became the wretched powerlessness of a Vice President in an administration that disdained and distrusted him. Yet it was, as well, the time in which the presidency, the goal he had always pursued, would be thrust upon him

in the moment it took an assassin's bullet to reach its mark. By 1958, as Johnson began to maneuver for the presidency, he was known as one of the most brilliant politicians of his time, the greatest Senate Leader in our history. But the 1960 nomination would go to the young senator from Massachusetts, John F. Kennedy. Caro gives us an unparalleled account of the machinations behind both the nomination and Kennedy's decision to offer Johnson the vice presidency, revealing the extent of Robert Kennedy's efforts to force Johnson off the ticket. With the consummate skill of a master storyteller, he exposes the savage animosity between Johnson and Kennedy's younger brother, portraying one of America's great political feuds. Yet Robert Kennedy's overt contempt for Johnson was only part of the burden of humiliation and isolation he bore as Vice President. With a singular understanding of Johnson's heart and mind, Caro describes what it was like for this mighty politician to find himself altogether powerless in a world in which power is the crucial commodity. For the first time, in Caro's breathtakingly vivid narrative, we see the Kennedy assassination through Lyndon Johnson's eyes. We watch Johnson step into the presidency, inheriting a staff fiercely loyal to his slain predecessor; a Congress determined to retain its power over the executive branch; and a nation in shock and mourning. We see how within weeks—grasping the reins of the presidency with supreme mastery—he

propels through Congress essential legislation that at the time of Kennedy's death seemed hopelessly logjammed and seizes on a dormant Kennedy program to create the revolutionary War on Poverty. Caro makes clear how the political genius with which Johnson had ruled the Senate now enabled him to make the presidency wholly his own. This was without doubt Johnson's finest hour, before his aspirations and accomplishments were overshadowed and eroded by the trap of Vietnam. In its exploration of this pivotal period in Johnson's life—and in the life of the nation—*The Passage of Power* is not only the story of how he surmounted unprecedented obstacles in order to fulfill the highest purpose of the presidency but is, as well, a revelation of both the pragmatic potential in the presidency and what can be accomplished when the chief executive has the vision and determination to move beyond the pragmatic and initiate programs designed to transform a nation. It is an epic story told with a depth of detail possible only through the peerless research that forms the foundation of Robert Caro's work, confirming Nicholas von Hoffman's verdict that "Caro has changed the art of political biography."

Know this: I am not a warrior. I am a disease. When I was six, my parents died. When I was sixteen, I was locked away in Rock Point Girls' Home. Nobody wants to deal with a liar. An addict. A thief. Nobody except Alle. She is pure, and she's

my friend in spite of all the rotten things I am. There was once another girl like me—long ago. A cast-off daughter. A lying little beast who left a red stain across the land with her terrible magic. She's imprisoned now in a maze high up on the cliffs. They say she's half woman, half bull. They say she dines on human tributes and guards a vast treasure. They say she was born wicked. But I know her better than the history books or stories do. She and I dream together. Our destinies are twisted up like vines. Except I'm not going to turn out wicked like she is. I can save myself by destroying her. I'm going to break out of this place, and I'm going to enter the labyrinth and take her heart. And once I'm redeemed, maybe Alle will love me.

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