

Whats Up Down There Lissa

A Cold Day in Hell
Small Change for Stuart
What's Up Down There?
Fertility, Pregnancy, and Childbirth: A Gynecologist Answers Your Most Important Questions
Yellow Bird
The Anatomy of a Calling
Sex, Orgasm, and Coochies: A Gynecologist Answers Your Most Embarrassing Questions
The Old Willis Place
Lissa
Spencer's List
Peony in Love
What the Yuck?
The Great Treehouse War
Old Baggage
Careless Whiskers
What's Up Down There?
The Fear Cure
Three Women
Money Hacks
Finding Your Way in a Wild New World
Storybook Romance
Invisible Lissa
The Edge of Sex
Full Cold Moon
Small Fry
Enders
Expectation
The Family Upstairs
The Daily Flame
The Diamond in the Window
All the Little Things
Oh, Scrap!
Bad Company
Starters
And She Was
Encaustic Art
Wed Wabbit
The Nature of Borders
Crooked Heart
Mind Over Medicine

A Cold Day in Hell

"Encaustic Art" serves as the complete resource for artists working with encaustic wax. This guide contains step-by-step techniques with easy-to-understand instructions and detailed illustrations, gorgeous examples of encaustic works of art, plus tips and techniques gleaned from interviews and studio visits with more than 60 professional artists working with the medium internationally. Full color.

Small Change for Stuart

Scottish psychologist Doctor Kelly Ann Darrow loves her career and has never permitted her feelings to impact her professionalism, but when biker Cameron Iss arrives in her care, she finds herself inexplicably drawn to the unconscious man. His tattoos and the mysterious circumstances of his arrival intrigue her to distraction. Cameron Iss awakes in a strange country with no memory of how he got there and no knowledge of who he is. He takes out his frustrations at his amnesia on the sexy doctor enlisted with helping him unlock his mind. A mutual chemistry forms between them, and Kelly is plagued with guilt at her unethical and inappropriate attraction to this, her most perplexing patient yet. As his memories begin to return and they discover more about his violent past and his connection with a motorcycle club in America, the element of danger both excites and frightens Kelly, and nothing can douse the erotic fire he has sparked inside her. Will Kelly risk her career, her reputation, and all she is for the man who has ignited a dormant passion within her or will his returning memories steal him away for good?

What's Up Down There?

Presents, in question-and-answer format, over two hundred health tips and medical information for women, including such topics as menstruation, pregnancy, sex, diet, and exercise.

Fertility, Pregnancy, and Childbirth: A Gynecologist Answers Your Most Important Questions

Stuart Horten - ten years old and small for his age - moves to the dreary town of Beeton, far away from all his friends. And then he meets his new next-door neighbours, the unbearable Kingley triplets, and things get even worse. But in Beeton begins the strangest adventure of Stuart's life as he is swept up in quest to find his great-uncle's lost workshop - a workshop stuffed with trickery and magic. There are clues to follow and puzzles to solve, but what starts as fun ends up as danger, and Stuart begins to realize that he can't finish the task by himself . . . The first children's novel by Lissa Evans, this is a fast-moving blend of comedy and magic.

Yellow Bird

'Bloody funny, bloody moving - bloody buy it!' - Meera Syal Some people live life in the fast lane. Others have stalled and are waiting for assistance on the side of the road, sustained only by the piece of chewing gum they've just found in the glove compartment. Spencer's ex-lover has died, leaving him a lizard and a list of things to do before the end of the year. Spencer's friend Fran shares a house and a mortgage with her brother and his girlfriend, a woman with delicate wrists and a bloated cat. Fran's neighbour Iris is slave to the three men in her life: an aging father who likes the phone and two teenage sons who cannot fathom the washing machine. Maybe it's not about living life in the fast lane. It's about learning to live at all. Spencer's List is a wonderfully funny tale of life lived on the edge - of reason, of failure and of (just possibly) a brighter future. Featuring an extract of the next book by Lissa Evans, V FOR VICTORY

The Anatomy of a Calling

In this sharply observed novel set in and around London, three college friends, now in their thirties, must come to terms with the gap between the lives they imagined for themselves and reality in the face of marriage, fertility struggles, and loss. In her first year of motherhood after an unplanned pregnancy, Cate is constantly exhausted, spiraling into self-doubt and postpartum anxiety. Her husband Sam seems oblivious, but maybe she'd prefer he remain in the dark. How can she admit the unthinkable—that she misses her freedom? In contrast, Hannah continues to endure round after round of unsuccessful IVF treatments. The process is taking its toll on her physically and emotionally—and, she worries, creating distance between her and her husband Nathan. She is godmother to Cate's son, but every time they get together, it's a trigger. Beautiful and unattached, Lissa is re-evaluating what it means to be an actress in her thirties. While she fiercely resists convention, she's also lonely. A chance encounter in the British Library with Nathan has her wondering if she missed her best chance at love when she introduced him to Hannah. As each woman longs for what the others seemingly possess, will their bonds of friendship sustain them in this liminal phase of their lives—or will their envy and desire tear them apart?

Sex, Orgasm, and Coochies: A Gynecologist Answers Your Most Embarrassing Questions

In *The Anatomy of a Calling*, Lissa Rankin, MD, makes a simple yet revolutionary

claim: We are all, every single one of us, heroes. We are all on what Joseph Campbell calls "a hero's journey;" we are all on a mission to step into our true nature and fulfill the assignment our souls were sent to Earth to fulfill. Navigating the hero's journey, Dr. Rankin argues, is one of the cornerstones of living a meaningful, authentic, healthy life. In clear, engaging prose, Dr. Rankin describes her entire spiritual journey for the first time--beginning with what she calls her "perfect storm" of events--and recounts the many transformative experiences that led to a profound awakening of her soul. Through her father's death, her daughter's birth, career victories and failures, and an ongoing struggle to identify as both a doctor and a healer, Dr. Rankin discovers a powerful self-awareness. As she shares her story, she encourages you to find out where you are on your own journey and offers wisdom and inspiration in the form of "Hero's Guideposts" along the way. Dr. Rankin weaves in lessons on trusting intuition, surrendering to love, and learning to see adversity as an opportunity for soul growth. Much more than a memoir, *The Anatomy of a Calling* guides you to make a powerful shift in consciousness and reach your highest destiny.

The Old Willis Place

As Anna and Layla reckon with illness, risk, and loss in different ways, they learn the power of friendship and the importance of hope.

Lissa

Previously published as part of *WHAT'S UP DOWN THERE?*. Suppose you had a wise, warm, funny best friend—who just happened to be a gynecologist. You're out with the girls for cocktails and the conversation turns to sex, and then to girly parts. One by one, you start asking her all the questions you've secretly wondered about—and discover that you have a lot in common. If you were to write those questions down, then you'd have *Sex, Orgasm, and Coochies*, a life-changing little ebook that answers: Why doesn't my vagina look like the ones in *Playboy*? Should I douche? If so, how often? If I take some of my husband's Viagra, will it jazz me up for sex? My daughter masturbates regularly. I'm secretly worried she's going to grow up to be a sex maniac. Is she normal, or is my child a pervert? Why does my vagina make loud noises when my boyfriend and I are having sex? And so much more! As outrageously funny as it is empowering, this book reveals how to love yourself and your body—and will have you recommending it to every woman you know.

Spencer's List

"The best known life coach in America" (*Psychology Today*) and bestselling author of *Finding Your Own North Star* provides a new transformational program for creating an unconventional life path to a sustainable way of life. Martha Beck's program has been practiced by Oprah and featured on *Super Soul Sunday*! *Finding Your Way in a Wild New World* reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life. It's the thing that so fulfills you that, if you knew what it was, you'd run straight toward it through brambles and fire. Life coach and bestselling

author of *Finding Your Own North Star* Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul. You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You'll also find your inner identity and your external "tribe" of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world. Compassionate and inspirational, *Finding Your Way in a Wild New World* is a revolutionary journey of self-discovery that leads to miraculous change.

Peony in Love

Gynaecology.

What the Yuck?

INSTANT NEW YORK TIMES BESTSELLER A GOOD MORNING AMERICA COVER TO COVER BOOK CLUB PICK "Rich, dark, and intricately twisted, this enthralling whodunit mixes family saga with domestic noir to brilliantly chilling effect." —Ruth Ware, New York Times bestselling author "A haunting, atmospheric, stay-up-way-too-late read." —Megan Miranda, New York Times bestselling author From the New York Times bestselling author of *Then She Was Gone* comes another page-turning look inside one family's past as buried secrets threaten to come to light. Be careful who you let in. Soon after her twenty-fifth birthday, Libby Jones returns home from work to find the letter she's been waiting for her entire life. She rips it open with one driving thought: I am finally going to know who I am. She soon learns not only the identity of her birth parents, but also that she is the sole inheritor of their abandoned mansion on the banks of the Thames in London's fashionable Chelsea neighborhood, worth millions. Everything in Libby's life is about to change. But what she can't possibly know is that others have been waiting for this day as well—and she is on a collision course to meet them. Twenty-five years ago, police were called to 16 Cheyne Walk with reports of a baby crying. When they arrived, they found a healthy ten-month-old happily cooing in her crib in the bedroom. Downstairs in the kitchen lay three dead bodies, all dressed in black, next to a hastily scrawled note. And the four other children reported to live at Cheyne Walk were gone. In *The Family Upstairs*, the master of "bone-chilling suspense" (People) brings us the can't-look-away story of three entangled families living in a house with the darkest of secrets.

The Great Treehouse War

The gripping true story of a murder on an Indian reservation, and the unforgettable Arikara woman who becomes obsessed with solving it—an urgent work of literary journalism. "I don't know a more complicated, original protagonist in literature than Lissa Yellow Bird, or a more dogged reporter in American journalism than Sierra Crane Murdoch." —William Finnegan, Pulitzer Prize-winning author of *Barbarian Days* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York

Times Book Review • NPR • Publishers Weekly When Lissa Yellow Bird was released from prison in 2009, she found her home, the Fort Berthold Indian Reservation in North Dakota, transformed by the Bakken oil boom. In her absence, the landscape had been altered beyond recognition, her tribal government swayed by corporate interests, and her community burdened by a surge in violence and addiction. Three years later, when Lissa learned that a young white oil worker, Kristopher “KC” Clarke, had disappeared from his reservation worksite, she became particularly concerned. No one knew where Clarke had gone, and few people were actively looking for him. Yellow Bird traces Lissa’s steps as she obsessively hunts for clues to Clarke’s disappearance. She navigates two worlds—that of her own tribe, changed by its newfound wealth, and that of the non-Native oilmen, down on their luck, who have come to find work on the heels of the economic recession. Her pursuit of Clarke is also a pursuit of redemption, as Lissa atones for her own crimes and reckons with generations of trauma. Yellow Bird is an exquisitely written, masterfully reported story about a search for justice and a remarkable portrait of a complex woman who is smart, funny, eloquent, compassionate, and—when it serves her cause—manipulative. Drawing on eight years of immersive investigation, Sierra Crane Murdoch has produced a profound examination of the legacy of systematic violence inflicted on a tribal nation and a tale of extraordinary healing.

Old Baggage

#1 NEW YORK TIMES BESTSELLER * #1 SUNDAY TIMES BESTSELLER * #1 INDIE NEXT PICK A Best Book of the Year: The Washington Post * NPR * The Atlantic * New York Public Library * Vanity Fair * PBS * Time * Economist * Entertainment Weekly * Financial Times * Shelf Awareness * Guardian * Sunday Times * BBC * Esquire * Good Housekeeping * Elle * Real Simple “THIS IS THE BEST BOOK OF THE YEAR. This is it. This is the one that blew the top of my head off and I haven’t been able to stop thinking or talking about it since.” —Elizabeth Gilbert “Taddeo spent eight years reporting this groundbreaking book Breathtakingly intimate.” —Entertainment Weekly “A breathtaking and important book...What a fine thing it is to be enthralled by another writer’s sentences. To be stunned by her intellect and heart.” —Cheryl Strayed A riveting true story about the sex lives of three real American women, based on nearly a decade of reporting. Hailed as “a dazzling achievement” (Los Angeles Times) and “riveting page-turner that explores desire, heartbreak, and infatuation in all its messy, complicated nuance” (The Washington Post), Lisa Taddeo’s *Three Women* has captivated readers, booksellers, and critics—and topped bestseller lists—worldwide. In suburban Indiana we meet Lina, a homemaker and mother of two whose marriage, after a decade, has lost its passion. Starved for affection, Lina battles daily panic attacks and, after reconnecting with an old flame through social media, embarks on an affair that quickly becomes all-consuming. In North Dakota we meet Maggie, a seventeen-year-old high school student who allegedly has a clandestine physical relationship with her handsome, married English teacher; the ensuing criminal trial will turn their quiet community upside down. Finally, in an exclusive enclave of the Northeast, we meet Sloane—a gorgeous, successful, and refined restaurant owner—who is happily married to a man who likes to watch her have sex with other men and women. Based on years of immersive reporting and told with astonishing frankness and immediacy, *Three Women* is both a feat of journalism

and a triumph of storytelling, brimming with nuance and empathy. "A work of deep observation, long conversations, and a kind of journalistic alchemy" (Kate Tuttle, NPR), *Three Women* introduces us to three unforgettable women—and one remarkable writer—whose experiences remind us that we are not alone.

Careless Whiskers

Previously published as part of *WHAT'S UP DOWN THERE?* Suppose you had a wise, warm, funny best friend—who just happened to be a gynecologist. You're out with the girls for cocktails and the conversation turns to sex, and then to girly parts. One by one, you start asking her all the questions you've secretly wondered about—and discover that you have a lot in common. If you were to write those questions down, then you'd have *FERTILITY, PREGNANCY, AND CHILDBIRTH: A GYNOCOLOGIST ANSWERS YOUR MOST IMPORTANT QUESTIONS*, a life-changing little ebook that answers: - How late is too late to get pregnant? - Are there sex acts we should avoid if we're trying to make a baby? Oral sex? Vibrators? Lubricant? Whipped cream? - Is it true that sex can stimulate labor? Is so, will having sex make me deliver early? - Since I got pregnant, I'm as horny as a teenage boy. What's the deal? - Is natural childbirth really worth it? I mean, I'm sure it hurts like the dickens, so why would you do it? Is it really that much better for you and your baby? And so much more! As outrageously funny as it is empowering, this book reveals how to love yourself and your body—and will have you recommending it to every woman you know.

What's Up Down There?

Receive daily messages of love, wisdom, and encouragement with a 365-day reader from New York Times bestselling author, physician, and mystic Dr. Lissa Rankin. If your deepest, most divine self had a message for you, what would it be? In *The Daily Flame*, acclaimed physician Dr. Lissa Rankin presents 365 love letters from your Inner Pilot Light—the guiding voice of your innermost truth. As Lissa explains: "This book is intended to support the kind of intimacy, comfort, nourishment, and grace that happens when you make contact with the Source of all love that fuels your very existence. Regardless of your spiritual orientation, consider this book a prayer of sorts, one that invites you to gently, quietly reunite with the purest, most loving core of your being, the part that will help you navigate the in-between space in your spiritual life." Each new message from your Inner Pilot Light will bring you inspiration and encouragement for the day ahead. The letters cover a wide range of themes, from abundance and health, to following your dreams, to finding your tribe, and persevering through challenges. Some readings offer practices and reflection questions, while others offer deep wisdom and spiritual insights. You might get a motivating kick in the patooty one day, and an unbridled love letter the next! As you read each day, you'll learn to embrace your own authentic knowing and trust the voice of your divine self. Enter the mysterious landscape of the soul and let your light shine bright with *The Daily Flame*.

The Fear Cure

"When *Mind Over Medicine* was first published, it broke new ground in the fertile region where science and spirituality intersect. Through the process of restoring her own health, Dr. Lissa Rankin discovered that the conventional health care she had been taught to practice was missing something crucial: a recognition of the body's innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. To better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years. She shared her findings and laid out a practical plan for readers to heal themselves in a profoundly wise book that became a *New York Times* bestseller and is now a classic guide for people on a healing journey from illness, injury, or trauma. In the years since then, Dr. Rankin has deepened her exploration of the world's healing traditions and her understanding of the healing power we hold within ourselves. This revised edition of *Mind Over Medicine* reflects her latest research, evolving wisdom, and work with clients and students in her healing community, as well as with doctors and other healers in her Whole Health Medicine Institute"--

Three Women

Your name is Fidge and you're nearly eleven. You've been hurled into a strange world. You have three companions: two are unbelievably weird and the third is your awful cousin, Graham. You have to solve a series of nearly impossible clues. You need to deal with a cruel stuffed animal dictator and three thousand Wimbley Woos (yes, you read that sentence correctly). And the whole situation -- the whole, entire thing -- is your fault. *Wed Wabbit* is an adventure about friendship, danger, and the terror of never being able to get back home again. And it's funny. It's seriously funny.

Money Hacks

"A deftly plotted, completely involving novel with one of the most memorable protagonists to come along in years." —Laura Lippman "Label me a big fan."
—Harlan Coben Edgar® Award nominated author Alison Gaylin is rapidly becoming a major player in the thriller game. A breathtaking novel of suspense, Gaylin's *And She Was* introduces a remarkable new protagonist: Brenna Spector, a missing persons investigator afflicted with Hyperthymestic Syndrome, a rare disorder that enables her to remember every moment of every day of her life. A twisting mystery, both chilling and surprising, *And She Was* sets the haunted investigator on the trail of a missing child who vanished more than a decade earlier—a case with disturbing echoes in Brenna's own scrupulously remembered past. Discover what Harlan Coben, Lisa Gardener, Laura Lippman, and other masters of suspense and crime fiction have already learned: Alison Gaylin is one of the best!

Finding Your Way in a Wild New World

Achieve all of your financial goals with these 300 easy solutions to all your personal finance questions—from paying off your student loans to managing investments. Are you looking for ways to decrease your spending...and start

increasing your savings? Need some simple advice for maximizing your investments? Want to start planning for your retirement but don't know where to start? It's now easier than ever to achieve all your financial goals! Many people are afraid to talk about money, which means that you might be missing some of the best money-saving skills out there! In Money Hacks you will learn the basics of your finances so you can start making every penny count. Whether you're trying to pay down debt, start an emergency fund, or make the smartest choice on a major purchase, this book is chock-full of all the useful hacks to make your money work for you in every situation!

Storybook Romance

Lissa badly wants to get into Debra's exclusive fifth-grade lunch club, until she finds out what it is really like.

Invisible Lissa

For centuries, borders have been central to salmon management customs on the Salish Sea, but how those borders were drawn has had very different effects on the Northwest salmon fishery. Native peoples who fished the Salish Sea--which includes Puget Sound in Washington State, the Strait of Georgia in British Columbia, and the Strait of Juan de Fuca--drew social and cultural borders around salmon fishing locations and found ways to administer the resource in a sustainable way. Nineteenth-century Euro-Americans, who drew the Anglo-American border along the forty-ninth parallel, took a very different approach and ignored the salmon's patterns and life cycle. As the canned salmon industry grew and more people moved into the region, class and ethnic relations changed. Soon illegal fishing, broken contracts, and fish piracy were endemic--conditions that contributed to rampant overfishing, social tensions, and international mistrust. The Nature of Borders is about the ecological effects of imposing cultural and political borders on this critical West Coast salmon fishery. This transnational history provides an understanding of the modern Pacific salmon crisis and is particularly instructive as salmon conservation practices increasingly approximate those of the pre-contact Native past. The Nature of Borders reorients borderlands studies toward the Canada-U.S. border and also provides a new view of how borders influenced fishing practices and related management efforts over time. Watch the book trailer:

http://www.youtube.com/watch?v=7ffLPgtCYHA&feature=channel_video_title

The Edge of Sex

#1 UK Bestseller "A thoughtful, funny, companionable novel...executed with verve."—London Times The author of the acclaimed Crooked Heart returns with a comic, charming, and surprisingly timely portrait of a once pioneering suffragette trying to find her new passion in post-WWI era London. 1928. Riffing through a cupboard, Matilda Simpkin comes across a small wooden club—an old possession that she hasn't seen for more than a decade. Immediately, memories come flooding back to Mattie—memories of a thrilling past, which only further serve to remind her of her chafingly uneventful present. During the Women's Suffrage

Campaign, she was a militant who was jailed five times and never missed an opportunity to return to the fray. Now in middle age, the closest she gets to the excitement of her old life is the occasional lecture on the legacy of the militant movement. After running into an old suffragette comrade who has committed herself to the wave of Fascism, Mattie realizes there is a new cause she needs to fight for and turns her focus to a new generation of women. Thus the Amazons are formed, a group created to give girls a place to not only exercise their bodies but their minds, and ignite in young women a much-needed interest in the world around them. But when a new girl joins the group, sending Mattie's past crashing into her present, every principle Mattie has ever stood for is threatened. *Old Baggage* is a funny and bittersweet portrait of a woman who has never given up the fight and the young women who are just discovering it.

Full Cold Moon

Lauren's job as a cold case homicide detective is her life. And life just got complicated. Lauren Riley is an accomplished detective who has always been on the opposite side of the courtroom from slick defense attorney Frank Violanti. But now he's begging to hire her as a private investigator to help clear his client of murder. At first Lauren refuses, wanting nothing to do with the media circus surrounding the case—until she meets the eighteen-year-old suspect. To keep an innocent teen from life in prison, Lauren must unravel the conflicting evidence and changing stories to get at the buried facts. But the more she digs, the more she discovers that nothing is what it first appears to be. As Lauren puts her career and life in danger, doubt lurks on every corner . . . and so does her stalker. Praise: "Recommend this one to anyone who loves courtroom dramas where lawyers tear into witnesses like pit bulls. And to anyone hot for a police procedural where tired cops make mistakes but slowly, relentlessly—and with morbid humor—get the job done. Redmond delivers both in one package. The real attraction here is a keyhole view into a world that turns our expectations upside down—a world where a bullying, quasi-fascist cop can be the only one with a handle on reality. Keep your eyes on Redmond, a retired cop who knows how to write."—Booklist "Redmond, a recently retired Buffalo PD homicide detective, keeps everything moving nicely in this well-constructed crime novel."—Publishers Weekly "An excellent police procedural combined with a psychological thriller."—Kirkus Reviews "A Cold Day in Hell is a fine first novel and Lauren Riley is cool new addition to the world of PI and cop protagonists. A retired detective, Lissa Marie Redmond gives it to the reader without the sugarcoating and lifts the veil off how the system really works or doesn't."—Reed Farrel Coleman, New York Times bestselling author of *What You Break* "Ex-cop Lissa Redmond has a sure hand with police procedure, which should be no surprise. The joy of *A Cold Day in Hell* comes from her equally sure hand with storytelling. This is a welcome new voice on the crime scene."—SJ Rozan, bestselling author of *Ghost Hero* "Redmond has concocted a well-crafted story with plenty of twists, but more importantly good characterization."—Mystery Scene Magazine

Small Fry

All The Little Things is a fiction book that speaks to the nature lover in all of us; to those who are starting to see the way the world is changing as the climate warms.

It explores the intersection of environmentalism and the lives of ordinary people who are not necessarily the most environmentally-minded at the start of their stories but learn the ways nature has woven itself into their lives. Although a work of fiction, these stories are based on fact, and issues that face each and every community today. Journey with the characters as they realize that the world around them has somehow, without their notice, changed fundamentally. See yourself in these stories and follow in the footsteps of the characters as they endeavor to create a better world.

Enders

A mysterious poem and a series of dreams compel young Edward and Eleanor to search for Prince Krishna's treasure.

Expectation

The riveting conclusion to the sci-fi thriller STARTERS! Someone is after Starters like Callie and Michael—teens with chips in their brains. They want to experiment on anyone left over from Prime Destinations—Starters who can be controlled and manipulated. With the body bank destroyed, Callie no longer has to rent herself out to creepy Enders. But Enders can still get inside her mind and make her do things she doesn't want to do. Like hurt someone she loves. Having the chip removed could save her life—but it could also silence the voice in her head that might belong to her father. Callie has flashes of her ex-renter Helena's memories, too . . . and the Old Man is back, filling her with fear. Who is real and who is masquerading in a teen body? No one is ever who they appear to be, not even the Old Man. Determined to find out who he really is and grasping at the hope of a normal life for herself and her younger brother, Callie is ready to fight for the truth. Even if it kills her. “Adrenaline-fueled . . . Fans of Starters will gobble this up.”—Booklist “Delightfully disturbing.”—Kirkus Reviews From the Hardcover edition.

The Family Upstairs

'Fans of police procedurals will want to read all in the series after this compelling, twisted story' - Library Journal Starred Review A murder of an Icelandic man during a Full Cold Moon reminds Lauren Riley of a previous case she failed to solve. She is determined not to let it happen again. Since her partner on the Cold Case team has been out of action after being shot in the line of duty, Lauren Riley has been working Homicide. Her latest case involves an Icelandic man murdered on the streets of Buffalo mere feet from his hotel. The brutality of the case hits Lauren hard. When she realizes the murder was committed on the night of a Full Cold Moon, it triggers memories of the first cold case she investigated that she's been unable to solve. Lauren is determined not to fail again but when she is involved in a shooting with a suspect, she finds the case may be taken out of her hands . . . especially when it gains attention from the Icelandic government.

The Daily Flame

Not many people in the medical world are talking about how being afraid can make

us sick-but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Now Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health at risk and robs our lives of joy-and shows us how fear can ultimately cure us by opening our eyes to all that needs healing in our lives. Drawing on peer-reviewed studies and powerful true stories, *The Fear Cure* presents a breakthrough understanding of fear's effects and charts a path back to wellness and wholeness on every level. We learn- How a fearful thought translates into physiologic changes that predispose us to illness How to tell true fear (the kind that arises from a genuine, present threat) from false fear (which triggers stress responses that undermine health How to tune in to the voice of courage inside-our 'Inner Pilot Light How to reshape our relationship to uncertainty so that it's no longer something to dread, but a doorway to new possibilities What our fears can teach us about who we really are At the intersection of science and spirituality, *The Fear Cure* identifies the Four Fearful Assumptions that lie at the root of all fears-from the sense that we're alone in the universe to the belief that we can't handle losing what we love-and shifts them into Four Courage-Cultivating Truths that pave our way to not only physical well-being, but profound awakening. Using exercises from a wide range of mind-body practices and spiritual traditions, Dr. Rankin teaches us how to map out our own courage-cultivating journey, write personalized Prescription for Courage, and step into a more authentic life.

The Diamond in the Window

Want to be a scrap quilter? Great! Want to think like a scrap quilter? Learn from a master! Lissa Alexander has spent three decades honing her scrap-quilting talents, and in her first solo book, she offers page after page of tips for making dazzling scrap quilts bursting with colors, prints, and textures. Learn Lissa's secrets for deciding which fabric combinations work (and understanding why others don't). Best of all, with a dozen patterns to choose from you'll discover how to (finally!) use your unique stash to make scrap quilts that sing. Includes a preface by renowned quilt historian Barbara Brackman.

All the Little Things

When librarian Charlie Harris' daughter is falsely accused of murder, he and his faithful feline Diesel must leap forward to crack the case in this all-new installment in the New York Times bestselling series. Charlie Harris has sworn off investigating murder and mayhem after a recent close call. Instead, he's delighted to cheer on his daughter, Laura, who's starring in a production of *Careless Whispers*. The theater department at Athena College is debuting the play written by a fledgling playwright with local connections and Charlie's son-in-law, Frank Salisbury, will be calling the directorial shots. Laura is upset to learn that Luke Lombardi, an overbearing actor she knew from her time in Hollywood will also be taking part in the production as a guest artist. Lombardi arrives with an entourage in tow and promptly proceeds to annoy everyone involved with the production. When he collapses and dies on stage, after drinking from a glass Laura handed him, she becomes the chief suspect in his murder. Charlie knows his daughter is innocent, and he's not going to let anyone railroad his little girl. So, despite his intentions to put his amateur sleuthing days behind him, Charlie has to take center stage, and

with Diesel's help, shine a spotlight on the real killer.

Oh, Scrap!

A frank, smart and captivating memoir by the daughter of Apple founder Steve Jobs. Born on a farm and named in a field by her parents—artist Chrisann Brennan and Steve Jobs—Lisa Brennan-Jobs's childhood unfolded in a rapidly changing Silicon Valley. When she was young, Lisa's father was a mythical figure who was rarely present in her life. As she grew older, her father took an interest in her, ushering her into a new world of mansions, vacations, and private schools. His attention was thrilling, but he could also be cold, critical and unpredictable. When her relationship with her mother grew strained in high school, Lisa decided to move in with her father, hoping he'd become the parent she'd always wanted him to be. *Small Fry* is Lisa Brennan-Jobs's poignant story of childhood and growing up. Scrappy, wise, and funny, young Lisa is an unforgettable guide, marveling at the particular magic of growing up in this family, in this place and time, while grappling with her feelings of illegitimacy and shame. Part portrait of a complex family, part love letter to California in the seventies and eighties, *Small Fry* is an enthralling story by an insightful new literary voice.

Bad Company

Diana and her little brother Georgie have been living in the woods behind the old Willis place, a decaying Victorian mansion, for what already seems like forever. They aren't allowed to leave the property or show themselves to anyone. But when a new caretaker comes to live there with his young daughter, Lissa, Diana is tempted to break the mysterious rules they live by and reveal herself so she can finally have a friend. Somehow, Diana must get Lissa's help if she and Georgie ever hope to release themselves from the secret that has bound them to the old Willis place for so long. Mary Downing Hahn has written a chilling ghost story in the tradition of her most successful spine-tingling novels. The intriguing characters, frightening secrets, and plot twists will delight her many fans.

Starters

An international bestseller published in over thirty countries, this riveting sci-fi dystopic thriller is "a bona fide page-turner." --MTV.com Callie lost her parents when the Spore Wars wiped out everyone between the ages of twenty and sixty. She and her little brother, Tyler, go on the run, living as squatters with their friend Michael and fighting off renegades who would kill them for a cookie. Callie's only hope is Prime Destinations, a disturbing place in Beverly Hills run by a mysterious figure known as the Old Man. He hires teens to rent their bodies to Enders—seniors who want to be young again. Callie, desperate for the money that will keep her, Tyler, and Michael alive, agrees to be a donor. But the neurochip they place in Callie's head malfunctions and she wakes up in the life of her renter. Callie soon discovers that her renter intends to do more than party—and that Prime Destinations' plans are more evil than she could ever have imagined. . . . Includes Portrait of a Spore, a never-before-published short story that takes place in the world of STARTERS. Praise for STARTERS: "A smart, swift, inventive, altogether

gripping story.” —#1 New York Times bestselling author DEAN KOONTZ
“Compelling, pulse-pounding, exciting . . . Don’t miss it!” —New York Times bestselling author Melissa Marr “Readers who have been waiting for a worthy successor to Suzanne Collins’s *The Hunger Games* will find it here. Dystopian sci-fi at its best.” —Los Angeles Times “Intriguing, thought-provoking and addictive.” —BookReporter.com “Readers will stay hooked. . . . Constantly rising stakes keep this debut intense.” —Kirkus Reviews “Fast-paced dystopian fiction. . . . The inevitable sequel can’t appear soon enough.” —Booklist “Intriguing, fast-paced . . . Fans of dystopian novels will be completely engaged and clamoring for the sequel.” —School Library Journal “Addictive and alluring.” —Examiner.com “Chilling and riveting.” —Shelf-Awareness.com “A must-read for fans of *The Hunger Games* and *Legend*. Fast-paced, romantic, and thought-provoking.” —Justine

And She Was

In this funny, outrageous and empowering book, Dr. Lissa Rankin answers all the secret gynecological questions that most women wonder about, but have always been afraid to ask. Suppose you had a wise, warm, funny best friend-who just happened to be a gynecologist. You're out with the girls for cocktails and the conversation turns to sex, and then to girly parts. One by one, you start asking her all the questions you've secretly wondered about-and discover that you have a lot in common. If you were to write those questions down, then you'd have *What's Up Down There?*, a life-changing little book that answers: - Do old ladies have saggy vaginas? - How do male gynecologists have a sex life without feeling like they're stuck at the office? - Is it normal for your inner labia to hang out of your outer labia? - Can the baby feel its mom having sex during pregnancy? - How common is it for one's boobs to be two totally different sizes? And so much more! As outrageously funny as it is empowering, this book reveals how to love yourself and your body-and will have you recommending it to every woman you know. From off-the wall sex questions to serious topics of women's sexual health, *What's Up Down There?* provides answers to women of all ages and stages.

Encaustic Art

Boy Meets Girl...Again It's been more than ten years, but Allison True has never forgotten her high school crush, Sam Franklin. Back in *Bygones*, her only focus is keeping her new bookstore afloat—yet the single dad of twin toddlers is testing her resolve to be career minded. Getting involved with a man who vowed never to love again is a recipe for disaster in Allison's book. But life with Sam and his twins could give her the happily ever after she's always dreamed of. *The Heart of Main Street: They're rebuilding the town one step—and heart—at a time*

Wed Wabbit

Peony has neither seen nor spoken to any man other than her father, a wealthy Chinese nobleman. Nor has she ever ventured outside the cloistered women's quarters of the family villa. As her sixteenth birthday approaches she finds herself betrothed to a man she does not know, but Peony has dreams of her own. Her father engages a theatrical troupe to perform scenes from *The Peony Pavilion*, a

Chinese epic opera, in their garden amidst the scent of ginger, green tea and jasmine. 'Unmarried girls should not be seen in public,' says Peony's mother, but her father allows the women to watch from behind a screen. Here, Peony catches sight of an elegant, handsome man and is immediately bewitched. So begins her unforgettable journey of love, desire, sorrow and redemption.

The Nature of Borders

The Edge of Sex is an anthology of voices from the margins, bringing together 37 writers to discuss their experiences of sex and sex education in America. The anthology explores often overlooked and excluded identities, with pieces on sexuality and disabilities, survivors of assault, sex work as women of color, kink and BDSM, being Muslim and queer, reproductive rights, and the challenges of culture and identity when grappling with gender fluidity and gendered expectations. As they trace the negative effects of a restrictive, fear-based sex education - particularly on marginalized individuals - these stories unearth larger themes: tensions with race and religion, expectations from heteronormative society, and pressures of femininity and masculinity. Importantly, they also highlight the resilience and empowerment of marginalized individuals within a culture designed to ostracize them. The rich, diverse, and intersectional stories of The Edge of Sex paint a contextualized picture of sex education and make an urgent case for better representation and more inclusive, consistent, and comprehensive content. By reading this anthology, casual readers may learn more about their sexual selves, clinicians can apply the material to their practices with clients, and educators and students can expand their knowledge of feminist theory, intersectional theory, queer theory, and sex education.

Crooked Heart

Paper Moon meets the Blitz in this original black comedy, set in World War II England, chronicling an unlikely alliance between a small time con artist and a young orphan evacuee. When Noel Bostock—aged ten, no family—is evacuated from London to escape the Nazi bombardment, he lands in a suburb northwest of the city with Vera Sedge—a thirty-six-year old widow drowning in debts and dependents. Always desperate for money, she's unscrupulous about how she gets it. Noel's mourning his godmother Mattie, a former suffragette. Wise beyond his years, raised with a disdain for authority and an eclectic attitude toward education, he has little in common with other children and even less with the impulsive Vee, who hurtles from one self-made crisis to the next. The war's provided unprecedented opportunities for making money, but what Vee needs—and what she's never had—is a cool head and the ability to make a plan. On her own, she's a disaster. With Noel, she's a team. Together, they cook up a scheme. Crisscrossing the bombed suburbs of London, Vee starts to make a profit and Noel begins to regain his interest in life. But there are plenty of other people making money out of the war—and some of them are dangerous. Noel may have been moved to safety, but he isn't actually safe at all. . . .

Mind Over Medicine

Kids vs. parents! An epic treehouse sleepover! An awesome group of friends! An exciting new book from National Book Award finalist Lisa Graff. Winnie's last day of fourth grade ended with a pretty life-changing surprise. That was the day Winnie's parents got divorced and decided that Winnie would live three days a week with each of them and spend Wednesdays by herself in a treehouse between their houses, to divide her time perfectly evenly. It was the day Winnie's seed of frustration with her parents was planted, a seed that grew until it felt like it was as big as a tree itself. By the end of fifth grade, Winnie decides that the only way to change things is to barricade herself in her treehouse until her parents come to their senses—and her friends decide to join. It's kids vs. grown-ups, and no one wants to back down first. But with ten kids in one treehouse, all with their own demands, things get pretty complicated! Even if they are having the most epic slumber party ever. In the newest novel by beloved National Book Award finalist Lisa Graff, kids turn the tables on their parents, and all the rules are tossed out the window. But does Winnie have what it takes to hold her ground and keep everyone happy? This story, with a pitch-perfect middle grade voice and a zany yet poignant situation, is perfect for fans of Sharon Creech, Louis Sachar, and Jack Gantos.

Praise for Lisa Graff's novels: *The Great Treehouse War* "It's kids vs. parents in epic fashion Graff's whimsical, original work is a breath of fresh air."—School Library Journal "Combining over-the-top storytelling with down-home wisdom, this [is] fun."—Booklist "[Graff creates] a vibrant patchwork of personalities that gives voice to the power of friendship."—Publishers Weekly "A good-natured satire of helicopter parenting and a celebration of child ingenuity."—Horn Book *Lost in the Sun* * "Graff writes with stunning insight consistently demonstrat[ing] why character-driven novels can live from generation to generation."—Kirkus Reviews, starred review * "Weighty matters deftly handled with humor and grace."—School Library Journal, starred review "This [novel] speaks powerfully, honestly, almost shockingly about our human pain and redemption. This book will change you."—Gary Schmidt, *The Wednesday Wars* "Graff crafts a compelling story about a boy touched with tragedy. And like all the best stories, it ends at a new beginning."—Richard Peck, *A Year Down Yonder Absolutely Almost* * "A perfect book to share with struggling readers."—Booklist, starred review * "Achingly superb."—Kirkus Reviews, starred review * "Graff's gentle story invokes evergreen themes of coming to appreciate one's strengths (and weaknesses), and stands out for its thoughtful, moving portrait of a boy who learns to keep moving forward."—Publishers Weekly, starred review "The patrons of my school library have been asking, 'Do you have any books like *Wonder* by R.J. Palacio?' and now I have the perfect offering."—BookPage *A Tangle of Knots* "A beautiful world of deliciously interconnected stories."—Entertainment Weekly, A- * "Subtle and intricate, rich with humor and insight, this quietly magical adventure delights."—Kirkus Reviews, starred review * "Combining the literary sensibility of E. B. White with the insouciance of Louis Sachar, [this] should satisfy readers for years to come."—Booklist, starred review

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