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Whats Up Down  
There Lissa

# Whats Up Down There Lissa

*You're called Fidge  
and you're nearly  
eleven. You've been  
hurled into a strange  
world. You have three  
companions: two are  
unbelievably weird*

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*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  
dictator and three  
thousand Wimbley  
Woos (yes, you read  
that sentence  
correctly). And the  
whole situation - the*

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*whole, entire thing - is  
your fault. Wed  
Wabbit is an  
adventure story about  
friendship, danger  
and the terror of  
never being able to get  
back home again.  
And it's funny. It's  
seriously funny.  
"From New York  
Times bestselling  
author Dr. Lissa*

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*Rankin comes a groundbreaking guide offering hope for healing when all else has failed"--*

*Beware what lurks beneath your bed. . . .*

*It could lead to a monstrous adventure.*

*Thirteen-year-old*

*Lissa Black is*

*miserable when her parents force her to*

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*move from New York  
City (the perfect home  
for an aspiring writer  
/director/actress) to  
Freeburg,  
Pennsylvania,  
nowhere capital of  
the world. There's  
nothing to do there,  
except play her little  
sister Haylie's  
favorite new game,  
Monsterville, and*

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*hang out with her new neighbor Adam. But when a walk in the woods lands her face-to-face with a swamp monster hungry for brains and then a Sasquatch that moos, even Lissa can't call her new home totally boring. With Adam's help, she catches the culprit behind the*

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*drama: a shape-shifting goblin who's fled from the monster world of Down Below. And what do you do with a creature that can be literally anything? Make monster movies, of course! Lissa is convinced that Blue will be the secret to her big break. But*

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*when Haylie goes missing on Halloween, Lissa, Adam, and the monster must venture Down Below to stage a rescue—and face the real Monsterville, which is anything but a game. Monsterville is a fusion of The Boxtrolls, Jumanji, and Candyland,*



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*weaving together  
friendship, family,  
and monsters into a  
funny fantasy-horror  
brimming with heart  
from a great new  
middle grade voice.  
As Anna and Layla  
reckon with illness,  
risk, and loss in  
different ways, they  
learn the power of  
friendship and the*

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*importance of hope.*

*V for Victory*

*Girl Walks Out of a  
Bar*

*The 'compulsive'*

*(Guardian) new novel*

*from the author of*

**THREE WOMEN**

*The Complete Guide  
to Creating Fine Art*

*With Wax*

*The delightful and  
moving novel from*

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*the Sunday Times  
bestseller*

*A Gynecologist  
Answers Your Most  
Embarrassing  
Questions*

*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*

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*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*

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*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 physiological changes that predispose us to illness • How to tell true*

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*fear (the kind that arises from a genuine 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*

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*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*

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*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 our own courage-cultivating journey, write a personalized Prescription for*



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*Courage, and step into a more authentic life.*

*"Drop That Knowledge is a profound*

*contribution to our understanding of*

*contemporary youth.*

*The authors craft an*

*elegant and energetic*

*narrative that is incisive*

*and inspiring. This is an*

*important work!"--Sam*

*M. Intrator, Smith*

*College, co-director of*

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*Project Coach "Drop  
That Knowledge is a  
landmark contribution  
to our understanding of  
media and youth  
movements in the US.  
It's at the cutting-edge  
in telling the story of  
how young people are  
creating breadth and  
depth of diversity in the  
broadcast, cable, and  
satellite media.*

*Innovative and*  
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*engaging!" --Toby  
Miller, author of  
Makeover Nation: The  
United States of  
Reinvention "Drop That  
Knowledge draws deftly  
on the words, ideas, and  
passions of the young  
people it studies,  
locating them within  
broader contexts of  
contemporary  
education, policing and  
the media. This book is*

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*well written and full of  
accessible, poignant and  
entertaining*

*vignettes."--George  
Lipsitz , University of  
California, Santa*

*Barbara "The phrase  
'drop that knowledge'  
becomes title and frame  
for a dazzling journey  
through the world of  
Youth Radio, an 18-year-  
old youth development  
organization and*

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*independent media  
production company in  
Oakland, Calif... While  
too many academics  
pontificate about the  
potential of the new  
digital media, Soep and  
Chávez write without  
pose or posture. Their  
message is  
earthshaking." --Rick  
Ayers, University of  
California, Berkeley,  
and William Ayers,  
Page 21/195*

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*University of Illinois,  
Chicago, Rethinking  
Schools "...dares to  
declare that young  
people really matter,  
what they think matters,  
what they say and do  
matters, and we should  
listen up and get out of  
the way...Drop that  
Knowledge is a must-  
read, especially for  
those of us who work in  
public media, who are*

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*coming to recognize that young people will lead our institutions to the holy grails of both diversity and innovation." --Julie Drizin, founding producer of "Democracy Now!" and NPR's "Justice Talking" Provides a fascinating look behind the scenes at [a] youth media education and*

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*production powerhouse.*

*. . . While much has  
been written about the  
power of youth media,  
not all analyses are as  
thoughtful and nuanced  
as what Soep and  
Chavez present in Drop  
That Knowledge. This  
book is 'not a rhetorical  
call to celebrate youth  
voice' but a  
comprehensive overview  
of the complex issues*



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*that arise in  
intergenerational media  
production." --Katie  
Donnelly, American  
University's Center for  
Social Media  
Joann Miller hopes that  
moving to a new city  
and the approaching  
birth of her first child  
will enable her to  
escape the guilty  
nightmares she still has  
seven years after she*

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*had an abortion*

*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*

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*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*

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*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*

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*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*

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*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*

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*bright with The Daily  
Flame.*

*A Doctor's Quest to  
Unravel the Mysteries of  
Healing*

*No Other Choice*

*A Memoir*

*Sex, Orgasm, and*

*Coochies: A*

*Gynecologist Answers*

*Your Most*

*Embarrassing Questions*

*Small Change for Stuart*

*Guiding Teenage Girls*

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*Through the Seven  
Transitions into  
Adulthood*

'Joan is an  
unforgettable  
anti-heroine. I  
don't think  
I'll ever stop  
thinking about  
her' Elizabeth  
Day 'So  
insanely good  
and true and



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twisted it'll  
make your teeth  
sweat' Olivia  
Wilde 'Like a  
series of  
grenades  
exploding'  
Marian Keyes I  
drove myself  
out of New York  
City where a  
man shot  
himself in

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front of me. He was a gluttonous man and when his blood came out it looked like the blood of a pig. That's a cruel thing to think, I know. He did it in a restaurant where I was

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having dinner  
with another  
man, another  
married man. Do  
you see how  
this is going?  
But I wasn't  
always that  
way. I am  
depraved. I  
hope you like  
me.

----- A

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2021 Highlight  
for: Guardian -  
Sunday Express  
- Independent -  
New Statesman -  
Evening  
Standard -  
Cosmopolitan -  
Red - Grazia -  
Daily Mail -  
Daily Express -  
The Week -  
Irish Times - i

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- The Sun

To support herself and her younger brother in a future Beverly Hills, sixteen-year-old Callie hires her body out to seniors who want to experience being young

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again, and she lives a fairy-tale life until she learns that her body will commit murder, unless her mind can stop it.

Nick Ortner, founder of the Tapping World Summit and best-selling

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filmmaker of  
The Tapping  
Solution, is at  
the forefront  
of a new  
healing  
movement. In  
his upcoming  
book, The  
Tapping  
Solution, he  
gives readers  
everything they

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need to  
successfully  
start using the  
powerful  
practice of  
tapping – or  
Emotional  
Freedom  
Techniques  
(EFT). Tapping  
is one of the  
fastest and  
easiest ways to



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address both the emotional and physical problems that tend to hamper our lives.

Using the energy meridians of the body, practitioners tap on specific points while

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focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in

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turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of

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tapping's  
proven success  
in healing such  
a variety of  
problems,  
Ortner  
recommends to  
try it on any  
challenging  
issue. In The  
Tapping  
Solution,  
Ortner

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describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and

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worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement

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of weight loss  
to fostering  
better  
relationships,  
Ortner opens  
readers' eyes  
to just how  
powerful this  
practice can  
be. Throughout  
the book,  
readers will  
see real-life

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stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and



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clear the  
limiting  
beliefs that  
hold them back  
from creating  
the life they  
want.

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

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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

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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,

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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"

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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

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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

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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

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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



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you to make a  
powerful shift  
in  
consciousness  
and reach your  
highest  
destiny.  
From the  
bestselling  
author of Old  
Baggage  
A Story about  
Medical

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Promise,  
Friendship, and  
Revolution  
Five Hundred  
Miles From You  
Scientific  
Proof That You  
Can Heal  
Yourself  
Crooked Heart  
Enders

*THE*  
*EMOTIONALLY*

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**GRIPPING  
BESTSELLER  
FROM THE NO. 1  
BESTSELLING  
AUTHOR OF THE  
NIGHT SHE  
DISAPPEARED  
AND THE FAMILY  
UPSTAIRS** 'A heart-  
warming page-  
turner from start to  
finish' Heat  
'Terrific stuff:

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*touching, funny and  
sentient' Sunday  
Times A stranger in  
your home can only  
mean trouble . . .*

*\_\_\_\_\_ The  
London family is in  
crisis. Newly-  
divorced Tony is  
fantasising about  
someone he  
shouldn't. Prize-  
winning writer*

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*Sean has a hot new girlfriend, and a dose of writer's block. Their brother Ned has just come back from Australia, leaving his girlfriend behind. And now they have a new lodger - a mysterious stranger. But is he*

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*the friend this  
family needs, or a  
troublemaker they  
could do without?*

*\_\_\_\_\_ 'Funny and  
emotionally  
satisfying' The  
Times 'Jewell's  
readability and  
emotional  
intelligence make  
her the cream of  
pop fiction'*

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Glamour

*“Quickly and assuredly, Jewell builds an ecosystem of countervailing suspicions...Tricky, clever, unexpected.”*

*—New York Times Book Review*

*“Brace yourself as Jewell stacks up the*

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*secrets, then lights  
a long, slow fuse.”*

*—People “A seize-  
you-by-the-throat  
thriller and a  
genuinely moving  
family drama.”*

*—A.J. Finn, #1 New  
York Times  
bestselling author  
of The Woman in  
the Window The  
instant New York*



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*Times and #1  
Sunday Times  
bestselling author  
of the Then She  
Was Gone delivers  
another  
suspenseful page-  
turner about a  
shocking murder in  
a picturesque and  
well-to-do English  
town, perfect “for  
fans of Gone Girl,*

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*The Girl on the Train, and Luckiest Girl Alive” (Library Journal). You’re back home after four years working abroad, new husband in tow. You’re keen to find a place of your own. But for now, you’re crashing in your big brother’s*

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*spare room. That's when you meet the man next door.*

*He's the head teacher at the local school. Twice your age.*

*Extraordinarily attractive. You find yourself watching him. All the time.*

*But you never dreamed that your*

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*innocent crush  
might become a  
deadly obsession.  
Or that someone is  
watching you. In  
Lisa Jewell's latest  
"bone-chilling  
suspense" (People),  
no one is who they  
seem—and  
everyone has  
something to hide.  
Perfect for fans of*

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*Gillian Flynn and  
Ruth Ware,  
Watching You will  
keep you guessing  
as “Jewell teases  
out her twisty plot  
at just the right  
pace” (Booklist,  
starred review)  
until the startling  
revelations on the  
very last page.  
When Noel Bostock*

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*- aged ten, no family - is evacuated from London to escape the Blitz, he winds up in St Albans with Vera Sedge - thirty-six, drowning in debts. Always desperate for money, she's unscrupulous about how she gets it.*

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*The war's thrown up all manner of new opportunities but what Vee needs 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 an idea. But there are plenty of other*

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*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 . . .*

*Longlisted for the  
Baileys Women's  
Prize for Fiction,  
2015*



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*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,*

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*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*

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*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? -*

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*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*

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*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*

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*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.*

*Mind Over  
Medicine -  
REVISED EDITION  
The Fear Cure*

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*Starfish*

*The addictive and emotionally satisfying page-turner that will have you hooked*

*The Tapping Solution*

*What's Up Down There?*

"Joan has spent a lifetime enduring the cruelties of

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men. But when one of them commits a shocking act of violence in front of her, she flees New York City in search of Alice, the only person alive who can help her make sense of her past. In the sweltering hills above Los



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Angeles, Joan unravels the horrific event she witnessed as a child--that has haunted her every waking moment--while forging the power to finally strike back."--

Escape with Jenny Colgan. 'This

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uplifting story is one of Colgan's best to date' Daily Mirror 'I wanted to hot-foot it to the Scottish islands' Daily Mail 'With a cast of memorable characters and an uplifting storyline, Five Hundred Miles From You is one of her best

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novels' Sunday  
Express Lissa  
loves her job as a  
nurse, but recently  
she's been doing a  
better job of  
looking after other  
people than  
looking after  
herself. After a  
traumatic incident  
at work leaves her  
feeling

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overwhelmed, she agrees to swap lives with someone in a quiet village in Scotland. Cormac is restless. Just out of the army, he's desperately in need of distraction, and there's precious little of it in

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Kirrinfief. Maybe three months in London is just what he needs. As Lissa and Cormac warm to their new lives, emailing back and forth about anything and everything, finally things seem to be falling into place. But each of

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them feel there's  
still a piece  
missing. What - or  
who - could it be?  
A Top Ten Book of  
the Year The New  
York Times, The  
New Yorker,  
People, San  
Francisco  
Chronicle A Best  
Book of the Year  
Publishers Weekly,

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NPR, GQ, The  
Week, Vogue UK,  
Los Angeles Times  
"Brennan-Jobs is  
a deeply gifted  
writer. . . .

Beautiful, literary  
and devastating."

—The New York  
Times Book

Review "A  
masterly Silicon  
Valley gothic."

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—Vogue 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



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young, Lisa's father was a mythical figure who was largely absent from her life. His rare attention was thrilling, but he could also be cold, critical and unpredictable. Part portrait of a complex family,

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part love letter to California in the seventies and eighties, Small Fry is a “shockingly honest and beautifully understated” (Vogue UK) debut. Sarah Holt wants nothing more than to win the Burke & Duke internship

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and mentor under some of the country's top architectural minds. The only obstacle between Sarah and her goal is a jilted ex-lover hell-bent on sabotaging her career. When Sarah meets Leo Russell, an

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unlikely

undergraduate, the attraction is instantaneous and all her best-laid plans begin to unravel. For the first time in her life, Sarah considers the fact that there may be one thing more important to her

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than her ambition. As her feelings for Leo grow stronger, however, so does her suspicion that all is not as it appears with the man she is falling for. Determined to uncover the truth, Sarah begins to investigate Leo's murky past, only

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to discover a house in the suburbs and a stunningly sophisticated redhead who implores Sarah to walk away. As the line between right and wrong becomes blurred by the shocking revelation of Leo's

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guarded secrets,  
Sarah must make a  
decision that will  
ultimately  
determine the rest  
of her life.

A Friend of the  
Family

Questions You'd  
Only Ask Your  
Gynecologist If  
She Was Your  
Best Friend

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Cultivating  
Courage as  
Medicine for the  
Body, Mind, and  
Soul

The Parting Glass  
Untangled  
Mind Over  
Medicine

New York Times  
bestseller and  
beloved guide,  
revised and updated



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with up-to-the minute scientific and spiritual insight, teaches readers how to listen to their bodies and assess all areas of their lives--relational, psychological, creative, environmental, professional--to understand what they need for health.

"What a pleasure it is

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to see the next generation of physicians waking up to what I call real medicine--the kind that acknowledges our true power to heal and be well." -  
Christiane Northrup,  
M.D., OB/GYN  
physician and author  
of the New York  
Times bestsellers:  
Women's Bodies,

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Whats Up Down  
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Women's Wisdom  
and The Wisdom of  
Menopause 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

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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 our own consciousness. To better understand

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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

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themselves in this profoundly wise book--a New York Times bestseller and now a classic guide for people who are 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 tradition and her

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understanding of the healing power we hold within ourselves--if only we can tap into it. 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

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doctors and other healers in her Whole Health Medicine Institute. Inside, readers will discover:

- A thorough update of Dr. Rankin's signature Six Steps to Healing Yourself •

New insight into how unresolved trauma can stand in the way of healing from chronic and life-



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threatening illnesses-  
and powerful tools  
we can use to heal it

- How to tune in to  
our Inner Pilot Light  
for intuitive guidance  
in our healing And  
much more "The  
healing that is  
possible may be right  
here," Dr. Rankin  
writes, "closer than  
close, underneath all  
your efforting and

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striving, available if you are ready to humble yourself before this possibility and receive what awaits you."

Behind anonymous screens, an army of cool and beautiful girls manage the dating service Ghost Lover, a forwarding system for text messages that

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promises to spare you the anguish of trying to stay composed while communicating with your crush. At a star-studded political fundraiser in a Los Angeles mansion, a trio of women compete to win the heart of the slick guest of honor. On a quest to lose her

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virginity, a daughter tracks down her deceased mother's old flame, the rugged, comically named Jon Deere. In these twelve riveting stories, two of which have been awarded the Pushcart Prize, Lisa Taddeo brings to life the fever of obsession, the blindness of love, and

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the mania of grief.  
Featuring Taddeo's  
arresting prose that  
continues to thrill her  
legions of fans, Ghost  
Lover dares you to  
look away.

Lisa Smith was a  
bright, young lawyer  
at a prestigious firm  
in NYC in the early  
nineties when  
alcoholism started to  
take over her life.

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What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. Girl Walks Out of a Bar is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of

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alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. Girl Walks Out of a Bar is a

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candid portrait of alcoholism through the lens of gritty New York realism.

Beneath the façade of success lies the reality of addiction. While on Injured on Duty status, Lauren Riley's hired as a private investigator to travel to rural Ireland in search of a Picasso painting



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stolen twenty years earlier in this nerve-shredding thriller. An old wound forces Cold Case Detective Lauren Riley onto Injured on Duty leave. Unless she rests she faces the threat of early retirement. However, dreading the prospect of doing nothing for six

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months, Lauren renews her private investigator license. She's soon contacted by Sharon Whitney, the ex-wife of wealthy Buffalo resident - and suspected mob boss - Howard Whitney. During their bitter divorce twenty years earlier a Picasso painting was stolen

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from their home and never recovered. After the main suspect passes away from ill health in Ireland, Sharon to hires Lauren to locate the painting - before her ex-husband does. Lauren expects a low-stress, fact-finding trip yet arrives in Ireland to discover suspicions around the

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suspect's death and his home ransacked. With the clock ticking, uncovering the truth behind the painting's disappearance may be far more dangerous than Lauren imagined.

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MEDAL 2018

When Rain Turns to

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Snow

The Daily Flame

Encaustic Art

Spencer's List

Youth Radio Stories

"Encaustic Art"

serves as the  
complete resource  
for artists working  
with encaustic wax.  
This guide contains  
step-by-step  
techniques with easy-  
to-understand

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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.

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Ellie is tired of being fat-shamed and does something about it in this poignant debut novel-in-verse. Ever since Ellie wore a whale swimsuit and made a big splash at her fifth birthday party, she's been bullied about her weight. To cope, she tries to live by the Fat Girl Rules—like

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"no making waves,"  
"avoid eating in  
public," and "don't  
move so fast that  
your body jiggles."  
And she's found her  
safe space—her  
swimming  
pool—where she  
feels weightless in a  
fat-obsessed world.  
In the water, she can  
stretch herself out  
like a starfish and



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take up all the room she wants. It's also where she can get away from her pushy mom, who thinks criticizing Ellie's weight will motivate her to diet.

Fortunately, Ellie has allies in her dad, her therapist, and her new neighbor, Catalina, who loves Ellie for who she is.

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With this support buoying her, Ellie might finally be able to cast aside the Fat Girl Rules and starfish in real life--by unapologetically being her own fabulous self.

Previously published as part of WHAT'S UP DOWN THERE?.  
Suppose you had a

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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

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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

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of my  
husbandsViagra, will  
it jazz me up for sex?  
My daughter  
masturbates  
regularly. I'm  
secretly worried she  
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

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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.

Suppose you had a wise, warm, funny best friend—who just

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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

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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



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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

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and your body-and  
will have you  
recommending it to  
every woman you  
know.

A Novel

Old Baggage

Sacred Medicine

The Anatomy of a  
Calling

A Doctor's Journey  
from the Head to the  
Heart and a

Prescription for

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Finding Your Life's  
Purpose

Monsterville: A Lissa  
Black Production

#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

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surprisingly timely  
portrait of a once  
pioneering suffragette  
trying to find her new  
passion in post-WWI  
era London. 1928.  
Riffling through a  
cupboard, Matilda  
Simpkin comes across  
a small wooden  
club—an old  
possession that she  
hasn ' t seen for more

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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

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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

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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

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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



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are just discovering it.

Gynaecology.

SHORTLISTED FOR  
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MINISTER'S  
LITERARY AWARDS  
2021 SHORTLISTED  
FOR THE CBCA  
BOOK OF THE  
YEAR: OLDER  
READERS 2021 A

runaway, a baby and a  
whole lot of

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questions... Lissa is home on her own after school one afternoon when a stranger turns up on the doorstep carrying a baby. Reed is on the run - surely people are looking for him? He's trying to find out who he really is and thinks Lissa's mum might have some answers. But how could

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he be connected to Lissa's family - and why has he been left in charge of a baby? A baby who is sick, and getting sicker ... Reed's appearance stirs up untold histories in Lissa's family, and suddenly she is having to make sense of her past in a way she would never have imagined.

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Meanwhile, her brother is dealing with a devastating secret of his own. A beautiful and timely coming-of-age story about finding out who you are in the face of crisis and change.

'This book is a joy to read' CBCA Judges report Praise for Jane Godwin: 'refreshingly unpredictable, bold

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and refuses to minimise  
the complex lives of  
[its] characters' -  
Saturday Age on As  
Happy as Here 'an  
empathetic exploration  
of family, friendship  
and how all our actions  
have consequences' -  
Readings Monthly  
'gentle, well-written  
and thoroughly  
engaging' - Adelaide

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Advertiser

With the Prime Destinations 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

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removed could save  
Callie's 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

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body? The thrilling  
sequel to Starters.

Starters

‘ My book of the  
year ’ Jojo Moyes

Lissa

Animal

Riven

365 Love Letters from  
Your Inner Pilot Light

*Just over a  
decade ago,  
Spago-trained*



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*chefs Hiro Sone  
and Lissa  
Doumani opened  
their award-  
winning Napa  
Valley  
restaurant,  
Terra, in a  
century-old  
fieldstone  
foundry in St.  
Helena. Their  
dream of running  
a world-class*

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*restaurant  
became a reality  
as word quickly  
spread about the  
duo's  
extraordinary  
cooking and  
hospitality.  
Now, along with  
the French  
Laundry, the  
venerable Terra  
is a cornerstone  
of the Napa*

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*Valley food scene, and one of its quintessential dining experiences. In TERRA, over 100 recipes from the restaurant's standing and seasonal menus showcase the chefs' sophisticated,*

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*yet eminently  
playful and  
deeply personal  
cuisine. Sone  
and Doumani  
provide readers  
with a wealth of  
insight into the  
ingredients,  
preparations,  
and techniques  
that shape their  
cooking  
philosophy and*

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*menus, giving readers guidance—and inspiration—to execute these dishes at home.*  
*SHORTLISTED FOR HWA Crown Awards 2021*  
*'A book to be treasured and returned to again and again'*  
*The Independent*  
*'Funny, moving*

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*and utterly life-enhancing' Daily Mail With caustic wit and artful storytelling, Lissa Evans elegantly summons a time when the world could finally hope to emerge from the chaos of war. It's*

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late 1944.

*Hitler's rockets are slamming down on London with vicious regularity and it's the coldest winter in living memory. Allied victory is on its way, but it's bloody well dragging its feet. In a large*

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*house next to  
Hampstead Heath,  
Vee Sedge is  
just about  
scraping by,  
with a herd of  
lodgers to feed,  
and her young  
charge Noel (   
almost fifteen )  
to clothe and  
educate. When  
she witnesses a  
road accident*



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*and finds herself in court, the repercussions are both unexpectedly marvellous and potentially disastrous - disastrous because Vee is not actually the person she's pretending to*

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*be, and neither  
is Noel. The end  
of the war won't  
just mean peace,  
but discovery...*

\_\_\_\_ Readers love  
*V For Victory:*

\*\*\*\*\* 'The  
*characters stay  
in the memory  
and heart.'*

\*\*\*\*\* 'It's  
*pitch perfect -  
funny, sad,*

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*moving,*

*compelling'*

*\*\*\*\*\* 'Full of*

*warmth, wit and*

*wisdom, an*

*absolute joy'*

*We are all,*

*every single one*

*of us, heroes.*

*We are all on*

*what Joseph*

*Campbell calls*

*"a hero's*

*journey;" we are*

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*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,  
Lissa Rankin,  
MD, argues, is  
one of the  
cornerstones of*

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*living a  
meaningful,  
authentic,  
healthy life. In  
clear, engaging  
prose, Lissa  
describes her  
entire spiritual  
journey for the  
first  
time--beginning  
with what she  
calls her  
"perfect storm"*

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*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*

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*failures, and an ongoing struggle to identify as both a doctor and a healer, Lissa discovers a powerful self-awareness. As she shares her story, she encourages you to find out where you are on your own*

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*journey,  
offering  
inspiring  
guideposts and  
practices along  
the way. With  
compelling  
lessons on  
trusting  
intuition,  
surrendering to  
love, and  
learning to see  
adversity as an*



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*opportunity for  
soul growth, The  
Anatomy of a  
Calling invites  
you to make a  
powerful shift  
in consciousness  
and reach your  
highest destiny.  
We expect an  
enormous amount  
from our teenage  
girls in a world  
where they are*

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*bombarded with  
messages about  
how they should  
look, behave,  
succeed. Yet we  
also speak as  
though  
adolescence is a  
nightmare  
rollercoaster  
ride for both  
parent and  
child, to be  
endured rather*

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*than enjoyed. In  
Untangled, world  
authority and  
clinical  
psychologist  
Lisa Damour  
provides an  
accessible,  
detailed,  
comprehensive  
guide to  
parenting  
teenage girls.  
She believes*

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*there is a  
predictable  
blueprint for  
how girls grow;  
seven easily  
recognisable  
'strands' of  
transition from  
childhood  
through  
adolescence and  
on to adulthood.  
Girls naturally  
develop at*

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*different rates, typically on more than one front, and the transition will be unique to every girl. Each chapter describes a phase, such as 'contending with adult authority' and 'entering the romantic*

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*world', with hints and tips for parents and daughters, and a 'when to worry' section. Damour writes sympathetically and clearly, providing a practical and helpful guide for any parent, and for teenage*

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*girls too.*

*Three Women*

*Small Fry*

*the most joyful,*

*life-affirming*

*novel of the*

*year*

*Drop that*

*Knowledge*

*Terra*

*Watching You*

**Stuart Horten - ten**

**years old and**

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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



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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

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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

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and magic.

"Clinical trials show that up to 80 percent of patients given a placebo heal themselves with the power of the mind alone. But how? There is documented evidence that beliefs, thoughts,

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and feelings can  
cure the body ...  
this book not only  
reveals the data  
from mainstream  
medical journals; it  
tells you step-by-  
step how you can  
implement this  
knowledge to  
make your body  
ripe for

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spontaneous  
remission or  
disease prevention  
... Western-trained  
physician Lissa  
Rankin, M.D.  
pored over  
hundreds of  
objectively  
evaluated, peer-  
reviewed studies  
from medical

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journals to find  
proof not just that  
thoughts and  
feelings originating  
in the mind can  
heal the body, but  
also that there are  
clear physiological  
mechanisms  
explaining how this  
happens ... she  
explains how this

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process works,  
proves with  
extraordinary case  
studies from the  
medical literature  
that it does, and  
teaches practical  
techniques you  
can use to activate  
the body's natural  
self-healing  
mechanisms, while

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shutting off the processes that predispose to illness. She also guides you through the process of uncovering where you might be making unhealthy choices, not just in your diet, exercise



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program, and  
sleep habits, but in  
your relationships,  
your professional  
life, your creative  
life, your spiritual  
life, and more-- so  
that you can  
create a  
customized  
treatment plan"--  
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Year: The

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\* New York Public

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Entertainment

Weekly \* Financial

Times \* Shelf

Awareness \*

Guardian \* Sunday

Times \* BBC \*

Esquire \* Good

Housekeeping \*

Elle \* Real Simple

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\* And more than  
twenty additional  
outlets

“Staggeringly  
intimate... Taddeo  
spent eight years  
reporting this  
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English teacher;  
the ensuing  
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their quiet

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Washington Post),  
Lisa Taddeo's  
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captivated  
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astonishing work  
of literary  
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women—and one  
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writer—whose  
experiences  
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'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

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the piece of  
chewing gum  
they've just found  
in the glove  
compartment.

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has died, leaving  
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list of things to do  
before the end of  
the year.

Spencer's friend

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the edge - of  
reason, of failure  
and of (just  
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