

Four Steps Wendy Hudson

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

The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track

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when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Three generations of women in the Ferrari family must heal the broken pieces of their lives on a trip of a lifetime through picturesque Italy from New York Times bestselling author Jennifer Probst Workaholic, career-obsessed Francesca is fiercely independent and successful in all areas of her life except one: family. She struggles to make time for her relationship with her teenage daughter, Allegra, and the two have become practically strangers to each other. When Allegra hangs out with a new crowd and is arrested for drug possession, Francesca gives in to her mother's wish that they take one epic summer vacation to trace their family roots in Italy. She just never expected to face a choice that might change the course of her life. . . Allegra wants to make her grandmother happy, but she hates the idea of forced time with her mother and vows to fight every step of the ridiculous tour, until a young man on the verge of priesthood begins to show her the power of acceptance, healing, and the heartbreaking complications of love. Sophia knows her girls are in trouble. A summer filled with the possibility for change is what they all desperately need. Among the ruins of ancient Rome, the small churches of Assisi, and the rolling hills of Tuscany, Sophia hopes to show her girls that the bonds of family are everything, and to remind them that they can always lean on one another, before it's too late.

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

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AIDS pandemic.

Know this: I am not a warrior. I am a disease. When I was six, my parents died. When I was sixteen, I was locked away in Rock Point Girls' Home. Nobody wants to deal with a liar. An addict. A thief. Nobody except Alle. She is pure, and she's my friend in spite of all the rotten things I am. There was once another girl like me-long ago. A cast-off daughter. A lying little beast who left a red stain across the land with her terrible magic. She's imprisoned now in a maze high up on the cliffs. They say she's half woman, half bull. They say she dines on human tributes and guards a vast treasure. They say she was born wicked. But I know her better than the history books or stories do. She and I dream together. Our destinies are twisted up like vines. Except I'm not going to turn out wicked like she is. I can save myself by destroying her. I'm going to break out of this place, and I'm going to enter the labyrinth and take her heart. And once I'm redeemed, maybe Alle will love me.

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

AN INSTANT NEW YORK TIMES BESTSELLER! USA

Today's top 100 books to read while stuck at home social distancing "No-one does suburban paranoia like Shari Lapena--this slowly unfurling nightmare will have you biting your nails until the end." --Ruth Ware, #1 New York Times bestselling author of The Woman in Cabin 10 The new domestic suspense novel from the New York Times bestselling author of The Couple Next Door, A Stranger in the House, and An Unwanted Guest, Shari Lapena Maybe you don't know your neighbors as well as you thought you did . . .

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

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

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program. As professionals, they will gain invaluable knowledge from the program. As ordinary men and women, they will find that the City of Light opens up incredible new possibilities, exhilarating, enticing, and frightening. When an unspeakable act of mass violence galvanizes them into action, their temporary life in Paris becomes a stark turning point: a time to face harder choices than they have ever made before—with consequences that will last a lifetime. Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want-to make your brain work for you-is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and

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Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

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

Thrilling tales of romantic suspense set in the emergency room and the hospital as a whole. These are romances which go beyond the classic doctor-nurse romances of

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yesteryear, having more in common with popular contemporary TV dramas such as House, ER, and Scrubs. This is 'medical romance', reinvented for today with an invigorating injection of edgy modern romantic suspense by Janice Lynn, Dianne Drake, Wendy S. Marcus, Fiona Lowe, Jacqueline Diamond and many more.

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

`A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will help its readers write forward with a first-rate guide as good company.' - Joan Bolker, author of Writing Your Dissertation in Fifteen Minutes a Day

`Humorous, direct, authentic ... a seamless weave of experience, anecdote, and research.' - Kathleen McHugh, professor and director of the UCLA Center for

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the Study of Women Wendy Laura Belcher's Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success is a revolutionary approach to enabling academic authors to overcome their anxieties and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.

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

A hilarious, high-stakes adventure involving crooked casino boats, floating fish, toxic beaches, and one kid determined to get justice. This is Carl Hiaasen's Florida—where the creatures are wild and the people are

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wilder! You know it's going to be a rough summer when you spend Father's Day visiting your dad in the local lockup. Noah's dad is sure that the owner of the Coral Queen casino boat is flushing raw sewage into the harbor—which has made taking a dip at the local beach like swimming in a toilet. He can't prove it though, and so he decides that sinking the boat will make an effective statement. Right. The boat is pumped out and back in business within days and Noah's dad is stuck in the clink. Now Noah is determined to succeed where his dad failed. He will prove that the Coral Queen is dumping illegally . . . somehow. His allies may not add up to much—his sister Abbey, an unreformed childhood biter; Lice Peeking, a greedy sot with poor hygiene; Shelly, a bartender and a woman scorned; and a mysterious pirate—but Noah's got a plan to flush this crook out into the open. A plan that should sink the crooked little casino, once and for all.

A lightning strike made Lucy, twelve, a math genius but, after years of homeschooling, her grandmother enrolls her in middle school and she learns that life is more than numbers.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN
“McConaughey’s book invites us to grapple with the

lessons of his life as he did—and to see that the point was never to win, but to understand.”—Mark Manson, author of *The Subtle Art of Not Giving a F*ck* I’ve been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life’s challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it’s medicine that tastes good, a couple of

aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

From the Grammy-nominated singer, drummer, and percussionist who is world renowned for her contributions throughout the music industry, a moving memoir about the healing power of music and spiritual growth inspired by five decades of life and love on the stage. She was born Sheila Escovedo in 1957, but the world knows her as Sheila E. She first picked up the drumsticks and started making music at the precocious age of three, taught by her legendary father, percussionist Pete Escovedo. As the goddaughter of Tito Puente, music was the heartbeat of her family, and despite Sheila's impoverished childhood in Oakland, California, her family stayed strong, inspired by the music they played nightly in their living room. When she was only five, Sheila delivered her first solo performance to a live audience. By nineteen, she had fallen in love with Carlos Santana. By twenty-one, she met Prince at one of her concerts. Sheila E. and Prince would eventually join forces and collaborate for more than two decades, creating hits that catapulted Sheila to her own pop superstardom. *The Beat of My*

Own Drum is both a walk through four decades of Latin and pop music—from her tours with Marvin Gaye, Lionel Richie, Prince, and Ringo Starr to her own solo career. At the same time, it's also a heartbreaking, ultimately redemptive look at how the sanctity of music can save a person's life. Having repeatedly endured sexual abuse as a child, Sheila credits her parents, music, and God with giving her the will to carry on and to build a lasting legacy. Rich in musical detail, pop, and Latin music history, this is a fascinating walk through some of the biggest moments in music from the '70s and '80s. But as Sheila's personal story, this memoir is a unique glimpse into a world-famous drummer's singular life—a treat for both new and longtime fans of Sheila E. And above all, *The Beat of My Own Drum* is a testament to how the positive power of music has fueled Sheila's heart and soul—and how it can transform your life as well.

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

which may be why she's fascinated by the rituals that generations-old family resorts are known for. She's especially interested in the Bryant Mountain House, and not just for their secret recipe for the yummy, gooey, can't-get-enough-of Hot Cross Buns.... Archie Bryant, the man with the Buns, is fifth generation and one-day-owner of the charming yet run-down Bryant Mountain House in Bailey Falls, New York. He's determined to save his family's legacy from the wrecking ball the old-fashioned way—by gritting his teeth and doing what needs to be done. There's no way Archie will be influenced by the new hotel branding expert his father brought in to turn one hundred and fifty years of tradition on its head just to attract a faster, younger, slicker crowd. But when some of Clara's ideas start bringing in new, paying customers, Archie can't deny that she may have just given him a shot at keeping his resort open. It's sticky, it's messy, it's sweet, it's Buns. And as streams of light fan out behind the darkened sun like the wings of a butterfly, I realize that I never saw real beauty until now. At Moon Shadow, an isolated campground, thousands have gathered to catch a glimpse of a rare and extraordinary total eclipse of the sun. It's also where three lives are about to be changed forever: Ally likes the simple things in life--labyrinths, star-gazing, and comet-hunting. Her home, the Moon Shadow campground, is a part of who she is, and she refuses to imagine it any other

way. Popular and gorgeous (everybody says so), Bree is a future homecoming queen for sure. Bree wears her beauty like a suit of armor. But what is she trying to hide? Overweight and awkward, Jack is used to spending a lot of time alone. But when opportunity knocks, he finds himself in situations he never would have imagined and making friends in the most unexpected situations. Told from three distinct voices and perspectives, Wendy Mass weaves an intricate and compelling story about strangers coming together, unlikely friendships, and finding one's place in the universe.

Jobeth O'Brien awakens on the floor of her kitchen, her battered face and the memory of an angry visitor tells her that she is close to something important in her investigation. In between this surveillance and delivering newspapers, her beloved '62 Falcon is the scene of middle-of-the-night romps with a lonely socialite, who gives her more than she bargained for. Her quest for the truth pits her against errant husbands, a modern-day madam with a taste for blood, a horny landlady, a vicious attack dog, and the lies she tells herself. Amid these challenges, Jobeth stakes out her prey and runs for her life, continuing the investigation that pulls her into close calls, unexpected allies, and more secrets. But Jobeth has secrets of her own, and only love can excavate them.

What is the secret of talent? How do we unlock it?

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

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

inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts.

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

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

regretted how they left things. However, just as Georgia and Kelsey are renewing their long-lost connection over bushcraft, a storm hits, leaving them stranded. With the group's lives now in Georgia's hands, the race is on to find a way home. As the reality of survival kicks in, their battle becomes about more than just facing the elements.

She's a survivor of the front lines of politics. He's a wounded soldier returning home from the battlefield. Can they place their trust in the power of love? Nobody plays the role of perfect politician's daughter better than quiet, respectable math teacher Brooke Ellstein. But she won't be caught swimming with the sharks again, not after the son of a wealthy donor sinks his teeth into her and gets away with it. Still, political connections have their perks, such as heading up the governor's "Support Our Troops" pen-pal initiative—and getting first dibs on the smoking-hot sergeant whose picture shakes her right down to her goody-two-shoes. When corresponding with sweet, classy Brooke, Shane Develen instinctively hides his commando tattoos and blue-collar roots—and he can tell that she's hiding something, too. But Shane knows he's gained her trust when Brooke gives him a blisteringly sexy photo. Then he's injured in an ambush and a fellow soldier posts the snapshot online. Overnight, Brooke's reputation turns to ashes. Even though he's totally wrong for her, Shane shows up on

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Brooke's doorstep, determined to set things right—and discovers that right or wrong has nothing on the chemistry they share. Praise for *Loving You Is Easy* “A fresh story, memorable characters, and breathtaking romance . . . You must read this book!”—New York Times bestselling author Jennifer Probst “Wendy S. Marcus writes believable characters and tons of emotion.”—USA Today bestselling author Sarah Morgan “*Loving You Is Easy* is a pleasing blend of sexiness and emotionally charged conflict that kept me turning the pages. Wendy S. Marcus doesn't shy away from tough subject matter; she embraces it in a real, visceral way that tugs on the reader's emotions and has you rooting for the characters not just to succeed but to heal, physically and emotionally. The story is unique, the characters flawed but wonderful. Fantastic!”—New York Times bestselling author Donna Alward “A unique story with emotional twists and turns on the road to happily ever after.”—New York Times bestselling author Carly Phillips “*Loving You Is Easy* is a super sexy yet incredibly tender love story that'll leave you wishing for just a few more pages . . . and then a few more after that.”—Laura Drewry, USA Today bestselling author of *Prima Donna* “*Loving You Is Easy* drew me in on the first page and held me until the last. A great read.”—Claudia Connor, author of *Worth the Fall* “This is a fabulous read I know I will reread in the

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future. Wendy S. Marcus is a total treat!”—Rakes of Romance “I highly recommend this read for all fans of romance. . . . [Loving You Is Easy has] drama, passion, intrigue and one of the most beautifully written endings I have read in a long time.”—Contemporary Romance Reviews “Incredible . . . Loving You Is Easy is a truly unique story with complex characters, unexpected emotional twists, and a burst of realism that convincingly illustrates just how completely opposites can attract and grow together.”—Fic Central “With a bit of grouch and a whole lot of class, Wendy’s newest release gives a good read!”—Maldivian Book Reviewer’s Realm of Romance Includes a special message from the editor, as well as an excerpt from another Loveswept title.

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

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going gets tough, the ladies of Ten Beach Road know that their friendship--tried and tested--can chase away the darkest clouds and let the sun shine in...

When a teenaged girl with a bad reputation is murdered in New York City's Central Park after a party, her childhood friend is determined to solve the mystery of who caused her death.

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

WINNER OF THE NATIONAL BOOK CRITICS CIRCLE AWARD, THE LOS ANGELES TIMES BOOK PRIZE, THE MARK LYNTON HISTORY PRIZE, THE AMERICAN HISTORY BOOK PRIZE Book Four of Robert A. Caro's monumental *The Years of Lyndon Johnson* displays all the narrative energy and illuminating insight that led the *Times of London* to acclaim it as "one of the truly great political biographies of the modern age. A masterpiece." *The Passage of Power* follows Lyndon Johnson through both the most frustrating and the most triumphant periods of his career—1958 to 1964. It is a time that would see him trade the extraordinary power he had created for himself as Senate Majority Leader for what became the wretched powerlessness of a Vice President in an administration that disdained and distrusted him. Yet it was, as well, the time in which the presidency, the goal he had always pursued, would be thrust upon him in the moment it took an assassin's bullet to reach its mark. By 1958, as Johnson began to maneuver for the presidency, he was known as one of the most brilliant politicians of his time, the greatest Senate Leader in our history. But the 1960 nomination would go to the young

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senator from Massachusetts, John F. Kennedy. Caro gives us an unparalleled account of the machinations behind both the nomination and Kennedy's decision to offer Johnson the vice presidency, revealing the extent of Robert Kennedy's efforts to force Johnson off the ticket. With the consummate skill of a master storyteller, he exposes the savage animosity between Johnson and Kennedy's younger brother, portraying one of America's great political feuds. Yet Robert Kennedy's overt contempt for Johnson was only part of the burden of humiliation and isolation he bore as Vice President. With a singular understanding of Johnson's heart and mind, Caro describes what it was like for this mighty politician to find himself altogether powerless in a world in which power is the crucial commodity. For the first time, in Caro's breathtakingly vivid narrative, we see the Kennedy assassination through Lyndon Johnson's eyes. We watch Johnson step into the presidency, inheriting a staff fiercely loyal to his slain predecessor; a Congress determined to retain its power over the executive branch; and a nation in shock and mourning. We see how within weeks—grasping the reins of the presidency with supreme mastery—he propels through Congress essential legislation that at the time of Kennedy's death seemed hopelessly logjammed and seizes on a dormant Kennedy program to create the revolutionary War on Poverty. Caro makes clear how the political genius with which Johnson had ruled the Senate now enabled him to make the presidency wholly his own. This was without doubt Johnson's finest hour, before his aspirations and accomplishments were overshadowed and eroded by the trap of Vietnam. In its exploration of this pivotal period in Johnson's life—and in the life of the nation—*The Passage of Power* is not only the story of how he surmounted unprecedented obstacles in order to fulfill the highest purpose of the presidency but is, as well, a revelation of both the pragmatic potential in the presidency

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and what can be accomplished when the chief executive has the vision and determination to move beyond the pragmatic and initiate programs designed to transform a nation. It is an epic story told with a depth of detail possible only through the peerless research that forms the foundation of Robert Caro's work, confirming Nicholas von Hoffman's verdict that "Caro has changed the art of political biography."

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

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

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

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body needs, understanding that one size does not fit all, all the time, and being truly honest with yourself about your goals and desires. Like everyone else, Kate is constantly on the move, with a life full of work, family, responsibilities and relationships. In *Pretty Happy*, Kate shows how she honors her relationship with herself through exercise, making the right choices about what she eats, and constantly going back to the drawing board and starting fresh, instead of holding herself to unrealistic standards of perfection and giving up when she falls short. Focusing on the Four Pillars of Health to enhance her well-being, *Pretty Happy* shows the benefits of: Cultivating an Intuitive Relationship With Your Body Eating Well Awakening Your Body through movement The Miracle of Mindfulness Full of questionnaires to help you assess your Body Type and your stress levels, advice about cleanses and keeping your diet and body balanced, and plenty of interactive Drawing Board exercises, *Pretty Happy* is a beautiful, insightful, and personal look at health from the inside out, an authentic plan for an authentic life from a woman who truly lives what she speaks. “Kate Hudson’s *Pretty Happy* is a smart, insightful and realistic primer for making healthy habits part of your everyday life. I met Kate in person, and judging by my impression of her, she must be doing things right. From exercise to mindfulness to knowing what your body really needs to thrive, she pushes you to throw away your ideas around perfection and find your own *Pretty Happy*.”—Alejandro Junger, *New York Times* bestselling author of *Clean, Clean Gut*, and *Clean Eats* “Though it may seem like sporting that signature winning smile is her natural state of being, Kate Hudson’s path to happiness is an active one. She refuses to wait for happy to happen. Instead, *Pretty Happy* details all the ways she makes it a priority every day. Honoring our bodies with clean eating and smart cleansing, our minds with meditation, our purpose

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with authenticity, and our fun with spontaneity, playfulness and pole dancing - yes! - this is a hands-on approach to owning our potential. And if you've ever found yourself wondering how she maintains that famous bod, Kate is spilling the beans on that, too in her trademark best friend-who's-been-there style - lucky us!"—Daphne Oz

Many therapists suffer from a psychic split about their work in private practice: they loved being therapists, but hate being in business.

NEW YORK TIMES BESTSELLER • Read with Jenna Book Club Pick as Featured on Today • From the author of Daisy Jones & The Six and The Seven Husbands of Evelyn Hugo . . . “Irresistible . . . High drama at the beach, starring four sexy, surfing siblings and their deadbeat, famous-crooner dad.”—People Four famous siblings throw an epic party to celebrate the end of the summer. But over the course of twenty-four hours, the family drama that ensues will change their lives will change forever. Malibu: August 1983. It's the day of Nina Riva's annual end-of-summer party, and anticipation is at a fever pitch. Everyone wants to be around the famous Rivas: Nina, the talented surfer and supermodel; brothers Jay and Hud, one a championship surfer, the other a renowned photographer; and their adored baby sister, Kit. Together the siblings are a source of fascination in Malibu and the world over—especially as the offspring of the legendary singer Mick Riva. The only person not looking forward to the party of the year is Nina

herself, who never wanted to be the center of attention, and who has also just been very publicly abandoned by her pro tennis player husband. Oh, and maybe Hud—because it is long past time for him to confess something to the brother from whom he's been inseparable since birth. Jay, on the other hand, is counting the minutes until nightfall, when the girl he can't stop thinking about promised she'll be there. And Kit has a couple secrets of her own—including a guest she invited without consulting anyone. By midnight the party will be completely out of control. By morning, the Riva mansion will have gone up in flames. But before that first spark in the early hours before dawn, the alcohol will flow, the music will play, and the loves and secrets that shaped this family's generations will all come rising to the surface. *Malibu Rising* is a story about one unforgettable night in the life of a family: the night they each have to choose what they will keep from the people who made them . . . and what they will leave behind.

Trying to find "The One" is never easy and engineer Darcy Harris is finding it tougher than most. It doesn't help she's also dealing with a shadowy stalker trying to make trouble for her. But Darcy's determined not to let anyone ruin her life. Her loyal best friend and boss, Anja Olsen, is stuck in a strange conundrum, forced to question who she has become and who she wants to be. Meanwhile, stranger Eilidh Grey's

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first instinct is to run fearlessly toward chaos and love. But this time she's on a collision course with fate. A chance meeting on a snowy bridge in Inverness, Scotland, binds all three women together, creating an unexpected, tangled, love triangle. What happens when it all unravels? A compelling, slow-burning, romantic suspense that will keep you guessing right to the end.

Jamie Maddox is worried about her grip on reality. Has her consciousness really been transported back to 1560, landing in the body of Blanche Nottingham? Not good, since Blanche, a lady-in-waiting for Queen Elizabeth I, is plotting a murder. The other possibility that Jamie faces? She's had a psychotic break that has trapped her in an Elizabethan fantasy while another personality—let's call her Blanche—has taken control of Jamie's life and is jeopardizing everything. Jamie is repeatedly zapped back and forth between the present and 1560 (or in and out of that twisted fantasy). Betrayal, murder, thunderstorms, and two doctors complicate everything as Jamie and Blanche battle to control Jamie's body. Just as Jamie is running out of both hope and time, help—and love—come from a most unexpected place. After a decade as an aid worker, Cameron Donnelly returns home jaded, tired, and with more than just a minor case of PTSD. Plagued by recurring nightmares but refusing to admit he has a problem, Cam quickly spirals into an alcohol-infused

depression, and everyone around him is at a loss for how to help. Journalist Tyler Ang met Cam on a reporting assignment in Kenya, and their first encounters were rife with hostility and sexual tension. Back in New York, their paths continually cross, and each time, Cam's brokenness reminds Ty more and more of his own difficult childhood. Letting Cam in goes against Ty's instinct to live life autonomously, but the damaged aid worker manages to sneak past his guard. Their relationship is all sharp corners and rough edges, and just as they're figuring out how to fit together, a life-threatening accident puts it all in jeopardy. If they want a future together, both will have to set aside their egos and learn to carry each other's burdens.

Thurgood Marshall--the first black justice on the Supreme Court and a giant of the civil rights movement--jumps to life in this inspiring picture-book biography from an award-winning author and six-time Coretta Scott King, four-time Caldecott Honor-winning illustrator. Thurgood Marshall was a born lawyer--the loudest talker, funniest joke teller, and best arguer from the time he was a kid growing up in Baltimore in the early 1900s. He would go on to become the star of his high school and college debate teams, a stellar law student at Howard University, and, as a lawyer, a one-man weapon against the discriminatory laws against black Americans. After only two years at the NAACP, he

was their top lawyer and had earned himself the nickname Mr. Civil Rights. He argued--and won--cases before the Supreme Court, including one of the most important cases in American history: Brown v Board of Education. And he became the first black U.S. Supreme Court Justice in history. Like its subject, here is a biography that crackles with energy and intensity--a great introduction to a great man. A Washington Post Best Book of the Year A Bank Street Best Book of the Year A Booklist Youth Editor's Choice Selection A Center for the Study of Multicultural Children's Literature's Best Book

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

- More than 500 appearances on national bestseller lists
- #1 Wall Street Journal, New York Times, and USA Today
- Won 12 book awards
- Translated into 35 languages
- Voted Top 100 Business Book of All Time on Goodreads

People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams

are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING? Libraries have always played a special role in times of disaster by continuing to provide crucial

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information and services.

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