

5 Principles of Parenting : Your Essential Guide to Raising Goo...

by: Pressman, Aliza



FP 75,000 Let go of perfect and become a transformative, positive influence in a child's life while creating your own definition of success from developmental psychologist and podcaster Dr. Aliza Pressman. 5 PRINCIPLES OF PARENTING doesn't presume to tell you how to parent with "my way is right" advice because the science is clear: There's no one "right" way to raise good humans. No matter how you were raised, how your co-parent behaves, or how your kids have been parented up until now, you can start using 5 PRINCIPLES OF PARENTING to chart a manageable course for raising good humans that's aligned with your own values and with your children's unique temperaments. Whether you're in the trenches with a toddler or a tween...

Publisher: Simon & Schuster
ISBN-13: 9781668014530

Price: \$ 38.99
Pages: 368

Form: TC
Pub. Date: January 2024

5 Resets : Rewire Your Brain and Body for Less Stress and Mor...

by: Nerurkar, Aditi



FP 75,000 Discover how to rethink your relationship with stress and overcome burnout, depression, and anxiety with this accessible health-meets-self-help guide. Drawing on years of experience as a renowned Harvard doctor and nationally recognized stress expert, Dr. Aditi Nerurkar has developed a science-backed approach to help us change our relationship with everyday stress. In her anticipated debut, Dr. Nerurkar offers both a mindset shift about stress and her simple yet powerful five resets - pillars of wisdom that bring together physiological and psychological coping skills and enable you to cope when things get hard. For Dr. Nerurkar, the first step toward a healthier mind and body is overcoming a common...

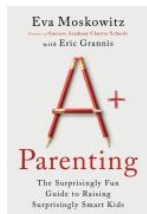
Publisher: HarperCollins Publishers
ISBN-13: 9780063289215

Price: \$ 35.99
Pages: 288

Form: TC
Pub. Date: January 2024

A+ Parenting : The Surprisingly Fun Guide to Raising Surprisin...

by: Moskowitz, Eva



FP 75,000 Eva Moskowitz, founder of the highly lauded Success Academy Charter Schools, shares her advice for raising smart, successful, and intellectually engaged children. A+ Parenting is every parent's must-have guide to enriching every aspect of a child's life, from the morning carpool to the soccer field to the dinner table - without having to hire tutors or carve out more hours in the day. Moskowitz explains how to take the time you're already spending with your children and make it more fulfilling and intellectually stimulating for them. In addition to advice, this book is filled with carefully curated lists of educational activities, including games to play, movies to watch, puzzles to solve, books to read...

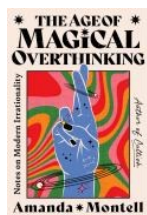
Publisher: HarperCollins Publishers
ISBN-13: 9780063310223

Price: \$ 35.99
Pages: 288

Form: TC
Pub. Date: October 2023

Age of Magical Overthinking : Notes on Modern Irrationality

by: Montell, Amanda



FP 125,000 From the bestselling author of CULTISH and host of the podcast Sounds Like a Cult, a delicious blend of cultural criticism and personal narrative that explores our cognitive biases and the power, disadvantages, and highlights of magical thinking. In a series of razor sharp, deeply funny chapters, Montell delves into a cornucopia of the cognitive biases that run rampant in our brains, from how the "Halo effect" cultivates worship (and hatred) of larger than life celebrities, to how the "Sunk Cost Fallacy" can keep us in detrimental relationships long after we've realized they're not serving us. As she illuminates these concepts with her signature brilliance and wit, Montell's prevailing message is one of hope...

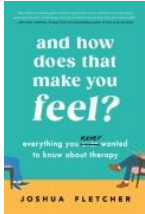
Publisher: Atria Books
ISBN-13: 9781668007976

Price: \$ 36.99
Pages: 272

Form: TC
Pub. Date: April 2024

And How Does That Make You Feel? : Everything You (N)ever ...

by: Fletcher, Joshua



FP 50,000 Psychotherapist and host of the self-help podcast Disordered Joshua Fletcher provides a candid, funny, and revealing look inside the mind of a therapist as he faces his own struggles while treating patients with anxiety disorders. Structured around four client case studies, Joshua Fletcher lifts the veil of secrecy around an often-misunderstood profession. He details, with care and compassion, his clients' nonlinear path to health and healing, as he works with them to overcome their anxiety. Along the way, Joshua chronicles the voices in his own head that act both as a hindrance and a guide in his treatments. He also educates his audience on anxiety and psychotherapy, explaining the origins of anxiety and the...

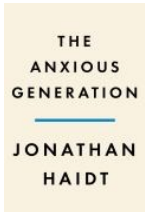
Publisher: HarperCollins Publishers
ISBN-13: 9780063310124

Price: \$ 36.99
Pages: 320

Form: TC
Pub. Date: February 2024

Anxious Generation : How the Great Rewiring of Childhood Is ...

by: Haidt, Jonathan



FP 100,000 An essential investigation into the collapse in youth mental health - and a scientifically proven path to health and strength. ANXIOUS GENERATION is a penetrating and alarming accounting of how we adults began to overprotect children in the real world while giving essentially no protection in the brutal online world. Haidt documents the four fundamental harms of the phone-based childhood: sleep deprivation, social deprivation, cognitive fragmentation, and addiction. He then shows the unique harms affecting boys, and the unique harms affecting girls. In the last section of ANXIOUS GENERATION, he offers concrete and scientifically based advice with separate chapters addressed to parents, schools, universities...

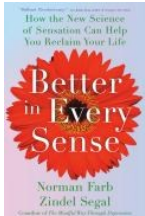
Publisher: Penguin Publishing Group
ISBN-13: 9780593655030

Price: \$ 39.99
Pages: 400

Form: TC
Pub. Date: March 2024

Better in Every Sense : How the New Science of Sensation Can ...

by: Farb, Norman



Renowned neuroscientists Dr. Norman Farb and Dr. Zindel Segal reveal how to break out of negative patterns by engaging your senses. For many of us, daily life has stopped making sense. Super-efficient routines that once served us well now stress us out. Patterns of judgment and negative thinking lead to downward emotional spirals. For others, life has simply lost its spark. Where does change come from when habit lets you down? When we're struggling with a problem, a bad habit, or life in general, we often think we need to be resilient by "toughing it out" or "trying harder." But when we do that, our brains double-down on the thinking patterns that got us stuck in the first place--even when they clearly aren't working for...

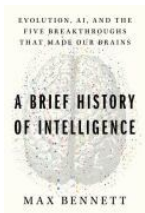
Publisher: Little Brown & Company
ISBN-13: 9780316443430

Price: \$ 39.00
Pages: 288

Form: TC
Pub. Date: January 2024

Brief History of Intelligence : Evolution, AI, and the Five Breakt...

by: Bennett, Max



FP 30,000 BRIEF HISTORY OF INTELLIGENCE offers a paradigm shift for how we understand neuroscience and AI. Artificial intelligence entrepreneur Max Bennett chronicles the five "breakthroughs" in the evolution of human intelligence and reveals what brains of the past can tell us about the AI of tomorrow. Bennett bridges the gap between neuroscience and AI to tell the brain's evolutionary story, revealing how understanding that story can help shape the next generation of AI breakthroughs. Deploying a fresh perspective and working with the support of many top minds in neuroscience, Bennett consolidates this immense history into an approachable new framework, identifying the "Five Breakthroughs" that mark the brain's most...

Publisher: HarperCollins Publishers
ISBN-13: 9780063286344

Price: \$ 43.50
Pages: 432

Form: TC
Pub. Date: October 2023

Brilliant Life : My Mother's Inspiring True Story of Surviving th...

by: Unreich, Rachelle



9 780063 328754



FP 100,000 The powerful, true story of a Holocaust survivor told by her daughter - a tale that reminds us of the resilience of the soul and the ability of the heart to heal. As Mira is nearing the end of her life, her daughter Rachelle wants to find out how her mother had lived through four concentration camps, including Auschwitz, and a Death March. There was a mystery to her survival, it seemed - which perhaps had something to do with the strange things that always happened around her. And, incredibly, when giving testimony later in life, she says that it was during this time - despite witnessing the depths of man's cruelty - that she learned about "the goodness of people."

Publisher: HarperCollins Publishers
ISBN-13: 9780063328754

Price: \$ 24.99
Pages: 304

Form: TP
Pub. Date: November 2023

Buddhist Chef's Homestyle Cooking : Simple, Satisfying Vegan... 🇨🇦

by: Cyr, Jean-Philippe



9 780525 612360



FP 25,000(CDN) The Buddhist Chef is back with a collection of 75+ rustic, flavorful vegan recipes perfect for sharing with all your family and friends. Full of traditional, crowd-pleasing recipes, veganized and packed full of flavor, The Buddhist Chef's Homestyle Cooking is a warm-hearted, comforting collection of recipes. The recipes are inspired by the two universal themes at the heart of every great meal - flavor and enjoying it with those you love - and are brought together with a dash of The Buddhist Chef's signature sense of humor. Comforting favorites for gathering around the table: Vegan Tuscan Soup, Macaroni Salad with Jalapeño-Marinated Tofu, Vegan Fried Chicken, Shawarma Tofu Wraps...

Publisher: Appetite by Random House
ISBN-13: 9780525612360

Price: \$ 32.95
Pages: 208

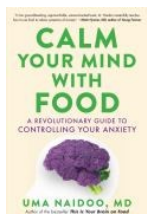
Form: TP
Pub. Date: September 2023

Calm Your Mind with Food : A Revolutionary Guide to Controlli...

by: Naidoo, Uma



9 780316 1502092



FP 75,000 A revolutionary full-body approach to relieving anxiety, including anti-anxiety recipes and meal plan guidelines. In this groundbreaking guide, Dr. Naidoo presents cutting-edge research about the ways anxiety is rooted in our brain, our gut, our immune system, and our metabolism. Drawing on the latest science on the connection between diet and anxiety, Dr. Naidoo show us how to effectively use food and nutrition as an essential tool for calming the mind. Along with guidelines for creating your own personal anti-anxiety meal plan and dozens of supernutrient-forward, delicious recipes, Calm Your Mind with Food will help you boost your immunity, reduce anxiety, and enhance your overall mental wellbeing.

Publisher: Little Brown & Company
ISBN-13: 9780316502092

Price: \$ 38.00
Pages: 336

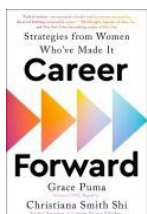
Form: TC
Pub. Date: December 2023

Career Forward : Strategies from Women Who've Made It

by: Puma, Grace



9 781668 018606



FP 100,000 Former PepsiCo COO Grace Puma and former Nike President of Consumer Direct Christiana Smith Shi offer a groundbreaking, empowering guide for women that shows how to prioritize a career path, build professional value, and enjoy a full life both in and out of the workplace. At a time when many long-held workplace structures and beliefs are changing, CAREER FORWARD is a beacon for women aspiring to achieve success and satisfaction in rewarding careers. The authors challenge negative stereotypes about female ambition, and urge women to be bold, follow their dreams, and seize the chance to lead "big" lives. The secret is to focus on career first, job second. Instead of chasing a better job title or a salary bump...

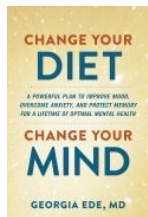
Publisher: Scribner
ISBN-13: 9781668018606

Price: \$ 38.99
Pages: 256

Form: TC
Pub. Date: February 2024

Change Your Diet, Change Your Mind : A Powerful Plan to Impr...

by: Ede, Georgia



FP 75,000 Combine the surprising truth about brain food with the cutting-edge science of brain metabolism to achieve extraordinary emotional, cognitive, and physical health. In this provocative, illuminating guide, Dr. Ede explains why nearly everything we think we know about brain-healthy diets is wrong. We've been told the way to protect our brains is with superfoods, supplements, and plant-based diets rich in whole grains and legumes, but the science tells a different story: not only do these strategies often fail, but some can even work against us. The truth about brain food is that meat is not dangerous, vegan diets are not healthier, and antioxidants are not the answer.

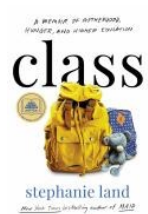
Publisher: Grand Central Publishing
ISBN-13: 9781538739075

Price: \$ 41.00
Pages: 464

Form: TC
Pub. Date: January 2024

Class : A Memoir of Motherhood, Hunger, and Higher Education

by: Land, Stephanie



FP 200,000 From the NYT bestselling author who inspired the hit Netflix series about a struggling mother barely making ends meet as a housecleaner - a gripping memoir about college, motherhood, poverty, and life after MAID. In CLASS, Land takes us with her as she finishes college and pursues her writing career. Facing barriers at every turn including a byzantine loan system, not having enough money for food, navigating the judgments of professors and fellow students who didn't understand the demands of attending college while under the poverty line - Land finds a way to survive once again, finally graduating in her mid-thirties.

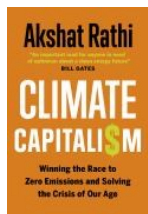
Publisher: Atria Books
ISBN-13: 9781982151393

Price: \$ 37.00
Pages: 288

Form: TC
Pub. Date: November 2023

Climate Capitalism

by: Rathi, Akshat



Our age will be defined by the climate emergency. Contrary to the doomist narrative that's taken hold about the climate emergency, the world has already begun deploying the solutions needed to deal with it. On a journey across five continents, Climate Capitalism tracks the unlikely heroes driving the fight against climate change. From the Chinese bureaucrat who did more to make electric cars a reality than Elon Musk, to the Danish students who helped to build the world's longest-operating wind turbine, or the American oil executive building the technology that can reverse climate damages, we meet the people working to scale technologies that are finally able to bend the emissions curve.

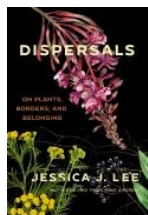
Publisher: Greystone Books Ltd.
ISBN-13: 9781778401855

Price: \$ 37.95
Pages: 272

Form: TC
Pub. Date: March 2024

Dispersals : On Plants, Borders, and Belonging

by: Lee, Jessica J.



FP 15,000(CDN) The prize-winning and bestselling author of TWO TREES MAKE A FOREST turns to the lives of plants entangled in our human world to explore belonging, displacement, identity, and the truths of our shared future. A seed slips beyond a garden wall. A tree is planted on a precarious border. A shrub is stolen from its culture and its land. What happens when these plants leave their original homes and put down roots elsewhere? The themes in these fourteen essays become invigorating and intimate in Lee's hands, centering on the lives of plants like seaweed, tangelos, and soy, and their entanglement with our human worlds. Lee explores the rich backstory of cherry trees in Berlin; a tea plant that grows in the...

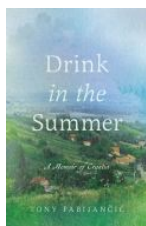
Publisher: Penguin Canada
ISBN-13: 9780735245549

Price: \$ 24.95
Pages: 304

Form: TP
Pub. Date: March 2024

Drink in the Summer : A Memoir of Croatia

by: Fabijančić, Tony



Since childhood, Tony Fabijancic has travelled frequently to Yugoslavia and Croatia, the homeland of his father. He spent time with his peasant family in the village of Srebrnjak in the north and escaped to the Adriatic islands in the south where he could break free from the constraints of everyday life. Those two worlds - the north, marked by the haunting saga of family life, its history and material practices, and the south, a place defined by travel and escape - formed the two halves of Fabijancic's Croatian life. Over time, he observed Srebrnjak become a white-collar weekend retreat, the community of peasants of the 1970s, to which he was first introduced, only a distant memory. From the continental interior of green...

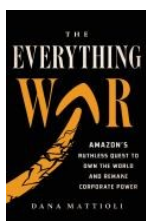
Publisher: Athabasca University Press
ISBN-13: 9781771993807

Price: \$ 29.99
Pages: 208

Form: TP
Pub. Date: August 2023

Everything War : Amazon's Ruthless Quest to Own the World a...

by: Mattioli, Dana



FP 150,000 From veteran Amazon reporter for The Wall Street Journal, and finalist for the Pulitzer Prize in investigative reporting, Dana Mattioli's EVERYTHING WAR is the shocking, explosive, and untold exposé of Amazon's endless strategic greed, from destroying Main Street to remaking corporate power, in pursuit of total domination, by any means necessary. It will become the defining account of how Amazon became the 21st century Standard Oil, and explains what led to the US government, and nations around the world, to charge the tech giant with one of the biggest antitrust cases in modern history.

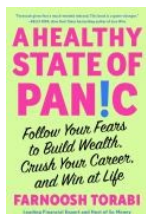
Publisher: Little Brown & Company
ISBN-13: 9780316269773

Price: \$ 39.00
Pages: 320

Form: TC
Pub. Date: April 2024

Healthy State of Panic : Follow Your Fears to Build Wealth, Cru...

by: Torabi, Farnoosh



FP 100,000 The creator of the popular finance podcast So Money demonstrates how leaning into your fear can actually become your greatest superpower, in this accessible and clever guide to maximizing your financial success and beyond. Farnoosh Torabi is familiar with fear. Growing up in the 1980s as the daughter of Iranian immigrants, she was warned to proceed with caution and play it safe. She spent her childhood immersed in fear - of rejection, loneliness, missed opportunities, and falling short of her potential. Of course, now her mother says, "It all worked out, didn't it?" Funnily enough, it did. Farnoosh came to the realization that fear never limited her. Instead, it has become a friend...

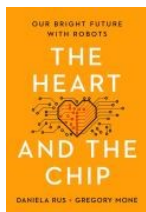
Publisher: Atria Books
ISBN-13: 9781982199197

Price: \$ 36.99
Pages: 288

Form: TC
Pub. Date: October 2023

Heart and the Chip : Our Bright Future with Robots

by: Rus, Daniela



FP 50,000 There is a robotics revolution underway. A record 3.1 million robots are working in factories right now, doing everything from assembling computers to packing goods and monitoring air quality and performance. A far greater number of smart machines impact our lives in countless other ways - improving the precision of surgeons, cleaning our homes, extending our reach to distant worlds - and we're on the cusp of even more exciting opportunities. In HEART AND THE CHIP, roboticist Daniela Rus and science writer Gregory Mone reframe the way we think about intelligent machines while weighing the moral and ethical consequences of their role in society. At once optimistic and realistic, they envision a world in which...

Publisher: Norton & Company, Incorporated, W. W.
ISBN-13: 9781324050230

Price: \$ 39.99
Pages: 256

Form: TC
Pub. Date: March 2024

Hidden Language of Cats : How They Have Us at Meow

by: **Brown, Sarah**



FP 50,000 Descended from shy, solitary North African wild cats, domestic cats set up homes with devoted owners all over the world by learning how to talk to us. This book translates - in case you missed anything. A renowned cat behavior scientist of over 30 years, Dr. Sarah Brown has been at the forefront of research in the field, discovering how cats use tail signals to interact with each other and their owners. Now, she reveals the previously unexplored secrets of cat communication in a book that is both scientifically grounded and utterly delightful. Each chapter dives into a different form of communication, including vocalizations, tail signals, scents, rubbing, and ear movements. The iconic meow, for example...

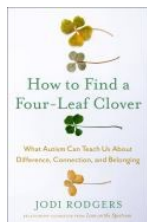
Publisher: Penguin Publishing Group
ISBN-13: 9780593186411

Price: \$ 37.99
Pages: 272

Form: TC
Pub. Date: October 2023

How to Find a Four-Leaf Clover : What Autism Can Teach Us ab...

by: **Rodgers, Jodi**



FP 60,000 Beloved Love on the Spectrum star and disability rights advocate Jodi Rodgers shares stories from her expansive career working within the autistic community and calls for a more inclusive and accepting society. Jodi Rodgers gives us inspiring, heartwarming stories from her years of experience as a teacher and counselor supporting autistic people. While acknowledging our differences, these stories invite us to expand our empathy and compassion for the neurodivergent people in our lives. Throughout, Rodgers explores the powerful impact of embracing neurodiversity and forming meaningful connections with those around us. Each chapter highlights a different story and an aspect of human behavior.

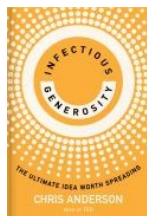
Publisher: Little Brown & Company
ISBN-13: 9780316471978

Price: \$ 39.00
Pages: 288

Form: TC
Pub. Date: February 2024

Infectious Generosity : The Ultimate Idea Worth Spreading

by: **Anderson, Chris**



FP 100,000 From the bestselling author, media pioneer, and curator of TED, an inspiring book about one of humankind's defining but overlooked impulses, and how we can super-charge its potential to build a hopeful future. Let's face it: Recent years have been tough on optimists. Hopes that the Internet might bring people together have been crushed by the ills of social media. Is there a way back? As head of TED, Chris Anderson has had a ringside view of the world's boldest thinkers sharing their most uplifting ideas. Inspired by them, he believes it's within our grasp to transform outrage back into optimism. It all comes down to reimagining one of the most fundamental human virtues: generosity.

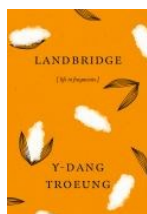
Publisher: Crown Publishing Group, The
ISBN-13: 9780593727553

Price: \$ 39.99
Pages: 272

Form: TC
Pub. Date: January 2024

Landbridge : Life in Fragments

by: **Troeung, Y-Dang**



FP 7,500(CDN) The inaugural title from Alchemy by Knopf Canada: A searing account by an exquisite writer who came to Canada as a baby, escaping war in Cambodia. In 1980, Y-Dang Troeung and her family were among the last of the 60,000 refugees from Cambodia that then-Prime Minister Pierre Trudeau pledged to relocate to Canada. As the final arrivals, their landing was widely documented in newspapers, with photographs of the PM shaking Y-Dang's father's hand, reaching out to pat baby Y-Dang's head. 40 years later, in her brilliant, astonishing book, Y-Dang returns to this moment, and to many others before and after, to explore the tension between that public narrative of happy "arrival," and the multiple...

Publisher: Knopf Canada
ISBN-13: 9781039008762

Price: \$ 35.00
Pages: 312

Form: TC
Pub. Date: August 2023

Like Every Form of Love : A Memoir of Friendship and True Cri...

by: **Viswanathan, Padma**



FP 6,500(CDN) From the Scotiabank Giller Prize finalist, a gripping exploration of class, race, friendship, sexuality, what an author owes her subject and what it means to be a good person - all wrapped up in a riveting Canadian true crime story. Padma Viswanathan was staying on a houseboat on Vancouver Island when she struck up a friendship with a warm-hearted, working-class queer man named Phillip. Their lives were so different it seemed unlikely to Padma that their relationship would last after she returned to her usual life. But, that week, Phillip told her a story from his childhood that kept them connected for more than 20 years. Watching the effects on Phillip as these secrets, evasions and traumas came to light...

Publisher: Random House of Canada
ISBN-13: 9781039006201

Price: \$ 35.00
Pages: 296

Form: TC
Pub. Date: August 2023

Listen : On Music, Sound and Us

by: **Faber, Michel**



FP 75,000 Lyrically woven and deeply evocative, Michel Faber's non-fiction debut reflects his lifelong passion for music of all kinds. LISTEN will change your relationship with the heard world. This book is, at its core, about music and the people who listen to it - your friends, your neighbors and you. A fresh approach toward our cultural and sensical relationship to sound, this melodic examination of the world of music explores two big questions: How do we listen to music and why do we listen to it in the first place? From a range of factors that shape our experience of sound - biology, age, illness and more - LISTEN challenges the very dichotomy between "good" and "bad" music.

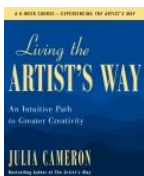
Publisher: Harlequin Enterprises ULC
ISBN-13: 9781335000620

Price: \$ 37.00
Pages: 448

Form: TC
Pub. Date: November 2023

Living the Artist's Way : An Intuitive Path to Greater Creativity

by: **Cameron, Julia**



FP 125,000 In the 30 years following the publication of ARTIST'S WAY, Julia Cameron relied on an essential tool to help her through every juncture in life: writing for guidance. Now, in LIVING THE ARTIST'S WAY, Cameron finally shares this method with the world as the fourth main Artist's Way tool. Over the course of six weeks, readers learn how to look for answers within themselves, and trust the guidance they receive. Revealing a more personal and vulnerable side, Cameron describes how she developed confidence in her own guidance and began using it not only to bolster her art, but to make sense of the world. This handbook to seeking and accepting guidance will help readers follow Cameron's path...

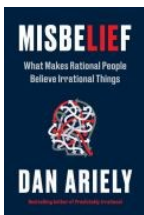
Publisher: St. Martin's Press
ISBN-13: 9781250897589

Price: \$ 27.00
Pages: 208

Form: TP
Pub. Date: January 2024

Misbelief : What Makes Rational People Believe Irrational Things

by: **Ariely, Dan**



FP 10,000(CDN) TRADE PAPERBACK EDITION

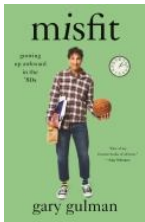
Publisher: HarperCollins Publishers
ISBN-13: 9780063347151

Price: \$ 24.99
Pages: 320

Form: TP
Pub. Date: September 2023

Misfit : Growing up Awkward in The '80s

by: **Gulman, Gary**



FP 150,000 A tour-de-force of comedy and reflection about the perilous journey from kindergarten to 12th grade and beyond?from the beloved stand-up comic and creator of The Great Depresh. For years, Gary Gulman had been the comedian's comedian, acclaimed for his delight in language and his bracing honesty. But after two stints in a psych ward, he found himself back in his mother's house in Boston - living in his childhood bedroom at age 46, as he struggled to regain his mental health. That's where Misfit begins. Then it goes way back. Gulman has an astonishing memory and takes the reader through every year of his childhood education, with obsessively detailed stories that are in turn alarming and riotously funny.

Publisher: Flatiron Books
ISBN-13: 9781250777065

Price: \$ 38.99
Pages: 304

Form: TC
Pub. Date: September 2023

Nothing Is Missing : A Memoir of Living Boldly

by: **Walters, Nicole**



FP 150,000 A profound and gripping memoir by Nicole Walters, the daughter of Ghanaian immigrants who became a self-made multi-millionaire by showing others how to recognize their own strengths - and her own harrowing journey to the discovery that she was worthy all along of the life of her dreams. NOTHING IS MISSING is a riveting, unputdownable story of what it takes to show up for yourself - and the joy that can come once you do. Raised in a home where food was unstable and anger was the norm, Nicole learned early that she needed to take charge of her own safety and security. So she did: She got into an elite private school by talking to a stranger in her dad's cab, she strategized her way onto Wheel of Fortune to pay...

Publisher: Simon & Schuster
ISBN-13: 9781668000953

Price: \$ 36.99
Pages: 320

Form: TC
Pub. Date: October 2023

One Sunny Afternoon : A Memoir of Trauma and Healing

by: **Knox, Amanda Jetté**



FP 15,000(CDN) From the bestselling author of LOVE LIVES HERE, a deeply personal memoir about facing life-long trauma head on, and bravely healing the scars that endure. ONE SUNNY AFTERNOON is a searing testament to Amanda Jetté Knox's extraordinary reckoning with her past and present, to find hope in her future. Triggered by the online harassment, she wades through her personal history and details the incidents of violence, addiction, and sexual assault that have haunted her. When Amanda eventually receives a diagnosis of Anxiety Disorder and Mood Disorder (also known as complex PTSD) and dedicates herself to recovery, she emerges with newfound strength, resiliency, and confidence.

Publisher: Penguin Canada
ISBN-13: 9780735244634

Price: \$ 24.95
Pages: 336

Form: TP
Pub. Date: September 2023

One Way Back : A Memoir

by: **Blasey Ford, Christine**



FP 300,000 The compelling true story behind the testimony that awed a nation. On September 27, 2018, Christine Blasey Ford testified before the Senate Judiciary Committee which was considering the nomination of Judge Brett Kavanaugh to the US Supreme Court. She described an alleged sexual assault by the Supreme Court nominee that took place at a high school party in the 1980s. Her words and courage on that day provided some of the most credible and unforgettable testimony our country has ever witnessed. In ONE WAY BACK, Ford recounts the months she spent trying to get information into the right hands without exposing herself and her family to dangerous backlash. Drawing parallels to her life as a surfer...

Publisher: St. Martin's Press
ISBN-13: 9781250289650

Price: \$ 39.00
Pages: 320

Form: TC
Pub. Date: March 2024

Opinions : A Decade of Arguments, Criticism, and Minding Oth...

by: Gay, Roxane



FP 100,000 From beloved and bestselling author Roxane Gay, “a strikingly fresh cultural critic” (Washington Post) comes an exhilarating collection of her essays on culture, politics, and everything in between. Since the publication of the groundbreaking *Bad Feminist* and *Hunger*, Roxane Gay has continued to tackle big issues embroiling society - state-sponsored violence and mass shootings, women’s rights post-Dobbs, online disinformation, and the limits of empathy - alongside more individually personalized matters: can I tell my co-worker her perfume makes me sneeze? Is it acceptable to schedule a daily 8 am meeting? In her role as a NYT opinion section contributor and the publication’s “Work Friend” columnist...

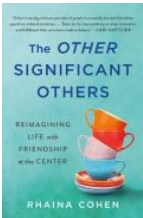
Publisher: HarperCollins Publishers
ISBN-13: 9780063341463

Price: \$ 37.00
Pages: 320

Form: TC
Pub. Date: October 2023

Other Significant Others : Reimagining Life with Friendship at t...

by: Cohen, Rhaina



FP 75,000 A powerful narrative on platonic partnerships and how the thrill, intimacy, and commitment we seek is often found through meaningful friendship. NPR's Rhaina Cohen invites us into the lives of people - spanning age and religion, gender and sexuality and more - who have defied convention by choosing a friend as a life partner. Their riveting stories unsettle widespread assumptions about relationships and reveal how freeing and challenging it can be to embrace a relationship model that society doesn't recognize. And they show that orienting your world around friends isn't limited to daydreams and episodes of *The Golden Girls*, but actually possible in real life.

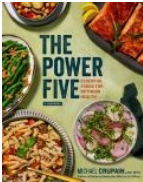
Publisher: St. Martin's Press
ISBN-13: 9781250280916

Price: \$ 39.00
Pages: 320

Form: TC
Pub. Date: February 2024

Power Five : Essential Foods for Optimum Health

by: Crupain, Michael



FP 100,000 You don't have to eat a restrictive diet to live better, healthier, and longer. In this essential cookbook, 75 recipes put the focus on the five foods that keeping you living your best life - without sacrificing flavor or favorites. The key to longevity, experts say, comes down to what you eat. And that doesn't mean a restrictive diet. This innovative cookbook acclaimed nutritionist and doctor Michael Crupain introduces the five essential food groups for a longer, healthier life, along with 75 delicious recipes that will ward off illness and extend your life by years. Living longer and better, he reveals, doesn't mean frequent trips to the doctor's office or a magic pill. Instead, it's all about preventative...

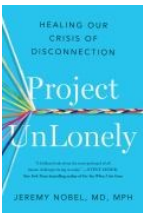
Publisher: Disney Publishing Worldwide
ISBN-13: 9781426222412

Price: \$ 41.00
Pages: 272

Form: TC
Pub. Date: November 2023

Project Unlonely : Healing Our Crisis of Disconnection

by: Nobel, Jeremy



FP 75,000 Insight into our new world of loneliness that offers solace, hope, and solutions. Even before 2020, chronic loneliness was a private experience of profound anguish that had become a public health crisis. Since then it has reached new heights. Loneliness assumes many forms, from enduring physical isolation to feeling rejected because of difference, and it can have devastating consequences for our physical and mental health. As the founder of Project UnLonely, Jeremy Nobel unpacks our personal and national experiences of loneliness to discover its roots and to show how we can take steps to find comfort and connection.

Publisher: Penguin Publishing Group
ISBN-13: 9780593191941

Price: \$ 37.99
Pages: 288

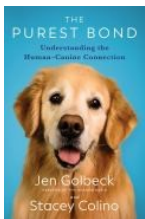
Form: TC
Pub. Date: October 2023

Purest Bond : Understanding the Human-Canine Connection

by: Golbeck, Jen



9 781668 007846



FP 60,000 A feel-good, comprehensive exploration of the profound bond between humans and dogs from Jen Golbeck, the “internet’s dog mom” behind the massive social media platform The Golden Ratio, and Stacey Colino, an award-winning science writer. Dogs have been considered people’s best friend for thousands of years, but never has the relationship between humans and their canine companions been as vitally important as it is today. With all of the seismic shifts in today’s world, rates of anxiety and depression have been skyrocketing, and people have been turning to their dogs for solace and stability. Amidst these dire realities, something wonderful has taken shape. In the US alone, dog adoptions doubled during the...

Publisher: Atria Books
ISBN-13: 9781668007846

Price: \$ 37.00
Pages: 256

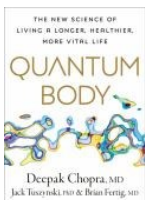
Form: TC
Pub. Date: November 2023

Quantum Body : The New Science of Living a Longer, Healthier...

by: Chopra, Deepak



9 780593 579985



FP 35,000 In an unprecedented collaboration between three of today’s most powerful minds, Deepak Chopra, M.D., teams up with physicist Jack Tuszynski, Ph.D., and endocrinologist Brian Fertig, M.D., to bring readers a visionary work that delves into the innovative world of quantum science and shows how unlocking its secrets can revolutionize how we live and age - and, ultimately, how we can eradicate disease. The key is the quantum body. Unlike our physical body, which is subject to aging, injury, and decay, the quantum body exists on a sub-atomic level and is the infinite, invisible source of everyday reality that affects your thoughts, feelings, sensations, and biological responses. Without your quantum body...

Publisher: Potter/Ten Speed/Harmony/Rodale
ISBN-13: 9780593579985

Price: \$ 34.00
Pages: 336

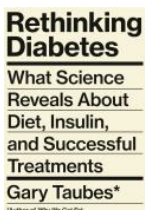
Form: TC
Pub. Date: December 2023

Rethinking Diabetes : What Science Reveals about Diet, Insulin...

by: Taubes, Gary



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FP 75,000 An eye-opening investigation into the history of diabetes research and treatment by the award-winning journalist and bestselling author of WHY WE GET FAT. In RETHINKING DIABETES, Gary Taubes explores the history underpinning the treatment of diabetes, types 1 and 2, elucidating how decades-old research that is rife with misconceptions has continued to influence the guidance physicians offer - at the expense of their patients’ long-term well-being. The result of Taubes’s work is a reimagining of diabetes care that argues for a centering of diet - particularly, fewer carbohydrates and more fat - over a reliance on insulin. Taubes argues critically and passionately that doctors and medical researchers should...

Publisher: Knopf Doubleday Publishing Group
ISBN-13: 9780525520085

Price: \$ 48.00
Pages: 512

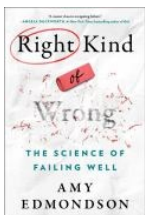
Form: TC
Pub. Date: January 2024

Right Kind of Wrong : The Science of Failing Well

by: Edmondson, Amy C.



9 781982 195069



FP 125,000 A revolutionary guide that will transform your relationship with failure, from the pioneering researcher of psychological safety and award-winning Harvard Business School professor Amy Edmondson. We used to think of failure as the opposite of success. Now, we’re often torn between two “failure cultures”: one that says to avoid failure at all costs, the other that says fail fast, fail often. The trouble is that both approaches lack the crucial distinctions to help us separate good failure from bad. As a result, we miss the opportunity to fail well. After decades of award-winning research, Amy Edmondson is here to upend our understanding of failure and make it work for us. In Right Kind of Wrong...

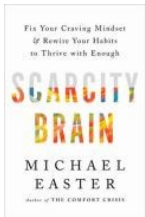
Publisher: Atria Books
ISBN-13: 9781982195069

Price: \$ 38.99
Pages: 368

Form: TC
Pub. Date: September 2023

Scarcity Brain : Fix Your Craving Mindset and Rewire Your Habi...

by: Easter, Michael



FP 75,000 Are we hardwired to crave more? From food and stuff to information and influence, why can't we ever get enough? Michael Easter, author of COMFORT CRISIS and one of the world's leading experts on behavior change, shows that the problem isn't you. The problem is your scarcity mindset, left over from our ancient ancestors. They had to constantly seek and consume to survive because vital survival tools like food, material goods, information, and power were scarce and hard to find. But with our modern ability to easily fulfill our ancient desire for more, our hardwired "scarcity brain" is now backfiring. And new technology and institutions - from dating and entertainment apps to our food and economic systems - are...

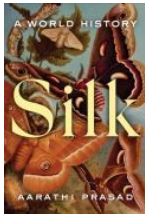
Publisher: Potter/Ten Speed/Harmony/Rodale
ISBN-13: 9780593236628

Price: \$ 37.99
Pages: 304

Form: TC
Pub. Date: September 2023

Silk : A World History

by: Prasad, Aarathi



TRADE PAPERBACK EDITION

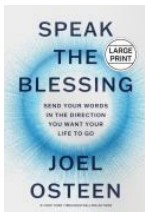
Publisher: HarperCollins Publishers
ISBN-13: 9780063381162

Price: \$ 25.99
Pages: 304

Form: TP
Pub. Date: April 2024

Speak the Blessing : Send Your Words in the Direction You Wa...

by: Osteen, Joel



Your words are like seeds. Every time you say them, they're taking root and growing. Are you planting good seeds? Are you seeing the increase, the health, the relationships, and the happiness you dream about? If not, check out what you're saying. Whether you realize it or not, the words you speak today are setting the direction for the rest of your life. In SPEAK THE BLESSING, NYT bestselling author Joel Osteen offers you unique insights into this profound truth: Your words have creative power. When you discover the power of speaking what God says about you, you give those words the right to come to pass. There is a miracle in your mouth. There is healing in your mouth, freedom in your mouth, and new levels in your mouth.

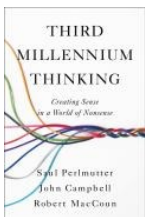
Publisher: FaithWords
ISBN-13: 9781546006817

Price: \$ 36.00
Pages: 272

Form: TC
Pub. Date: April 2024

Third Millennium Thinking : Creating Sense in a World of Nons...

by: Perlmutter, Saul



FP 45,000 Based on a wildly popular UC Berkeley course, a primer on how to think critically, make sound decisions, and solve problems - individually and collectively - using scientists' tricks of the trade. In our deluge of information, it's getting harder and harder to distinguish the revelatory from the contradictory. How do we make health decisions in the face of conflicting medical advice? Does that article on GMOs even show what the authors claim? How can we navigate the next Thanksgiving discussion with our in-laws, who follow completely different experts on climate? In THIRD MILLENNIUM THINKING, a physicist, a psychologist, and a philosopher introduce readers to the tools and frameworks that scientists have...

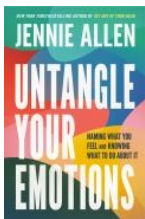
Publisher: Little Brown & Company
ISBN-13: 9780316438100

Price: \$ 38.00
Pages: 304

Form: TC
Pub. Date: March 2024

Untangle Your Emotions : Naming What You Feel and Knowing Wa ...

by: **Allen, Jennie**



FP 250,000 Have you ever had a disproportionate emotional response that left you wondering, Where did THAT come from—and how can I keep it from happening again? Big feelings catch all of us off guard at times. Why is it that we so often feel tangled up in our emotions, maybe even paralyzed by them? The NYT bestselling author of GET OUT OF YOUR HEAD provides a revolutionary path to embracing a healthy relationship with your emotions, one that leads to life-giving connection with God and others as well as to a richer understanding of yourself. Speaker and Bible teacher Jennie Allen uses scientific research, biblical insight, and her own story to help you: Exchange stuffing, dismissing, or minimizing your emotions for a...

Publisher: Crown Publishing Group, The
ISBN-13: 9780593193419

Price: \$ 37.00
Pages: 240

Form: TC
Pub. Date: February 2024

Water Confidential : A Memoir about First Nations' Drinking Wa...

by: **Blacklin, Susan**



The shocking truth about Canada's ongoing water crisis and the government's failure to provide safe drinking water to First Nations communities. In WATER CONFIDENTIAL, Susan Blacklin (formerly Sue Peterson) revisits the important work of her late ex-husband, Dr. Hans Peterson. Beginning in 1996, Peterson, growing frustrated with his work in government funded research in Saskatchewan, brought attention to the desperate need for equal access to safe drinking water after a health inspector encouraged him to visit the Yellow Quill First Nation. In response to the issue, he developed biological technology for effective water treatment, still in use today. In this passionate and timely memoir, Blacklin shares her experiences...

Publisher: Caitlin Press, Incorporated
ISBN-13: 9781773861319

Price: \$ 24.95
Pages: 216

Form: TP
Pub. Date: March 2024

Why We Read : On Our Lifelong Love Affair with Books

by: **Reed, Shannon**



FP 50,000 A hilarious and incisive exploration of the joys of reading from a teacher, bibliophile and Thurber Prize finalist. We read to escape, to learn, to find love, to feel seen. We read to encounter new worlds, to discover new recipes, to find connection across difference or simply to pass a rainy afternoon. No matter the reason, books have the power to keep us safe, to challenge us, and perhaps most importantly, to make us more fully human. Shannon Reed, a long-time teacher, lifelong reader and The New Yorker contributor, gets it. With one simple goal in mind, she makes the case that we should read for pleasure above all else. In this whip-smart, laugh-out-loud funny collection, Reed shares surprising stories from...

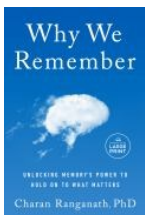
Publisher: Harlequin Enterprises ULC
ISBN-13: 9781335007964

Price: \$ 34.99
Pages: 336

Form: TC
Pub. Date: February 2024

Why We Remember : Unlocking Memory's Power to Hold on to ...

by: **Ranganath, Charan**



Memory is far more than a record of the past - in this groundbreaking tour of the mind and brain, one of the world's top memory researchers reveals the powerful role memory plays in nearly every aspect of our lives, from learning and decision-making to trauma and healing, and helps us take control of our unconscious mind to live happier, more deliberate lives. We are in many ways creatures of memory and only when we understand the mechanisms of memory can we truly understand ourselves and our motivations, and use our knowledge of those mechanisms to our advantage while avoiding their pitfalls. Why We Remember teaches the principles behind memory storage and retrieval and explains how our memories are always changing.

Publisher: Diversified Publishing
ISBN-13: 9780593862728

Price: \$ 39.99
Pages: 456

Form: TP
Pub. Date: February 2024