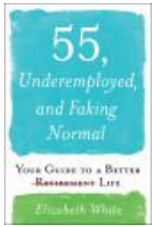


55, Underemployed, and Faking Normal

by **White, Elizabeth**



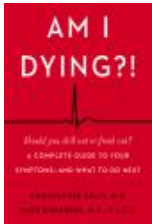
FP 50,000. For the millions of people in their fifties and sixties who find themselves out of work, unable to find a job, and financially incapable of retiring, here’s a practical plan for getting past any blame or shame, overcoming denial, and finding a path to a new normal. Elizabeth invites you to join her in looking beyond your immediate surroundings and circumstances to what is possible in the new normal of financial insecurity. You’re in your fifties and sixties, like Elizabeth, and may have saved nothing or not nearly enough to retire. What you want to know is what you can do now to have a shot at a decent retirement. Or, as Elizabeth puts it, “small up to create the best possible life on less income.”

Price: \$35.00 Form: TC

Publisher: Simon & Schuster, Incorporated ISBN-13: 9781501196805 Pages: 272 Pub. Date: January 2019

Am I Dying?! : A Complete Guide to Your Symptoms--And What to Do Next

by **Eisenberg, Marc**



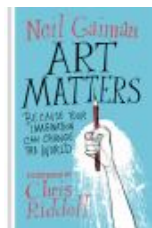
FP 75,000. A comprehensive, light-hearted resource for the hypochondriac in all of us. Most new symptoms turn out to be minor. Most likely, that stuffy nose isn’t a sign of cancer. But sometimes a headache isn’t just a temporary nuisance; it could be a sign of a serious condition. Cardiologists at Columbia University Medical Center, Christopher Kelly, MD, and Marc Eisenberg, MD, FACC, walk you through the most common symptoms - from back pain, bloating, chest pain, constipation, and forgetfulness to fatigue, rashes, shortness of breath, and weakness - and provide helpful, conversational guidance on what to do.

Price: \$31.99 Form: TC

Publisher: HarperCollins Publishers ISBN-13: 9780062847607 Pages: 352 Pub. Date: December 2018

Art Matters : Because Your Imagination Can Change the World

by **Gaiman, Neil**



FP 100,000. A stunning and timely creative call-to-arms combining four extraordinary written pieces by Neil Gaiman illustrated with the striking four-colour artwork of Chris Riddell. Drawn from Gaiman’s trove of published speeches, poems, and creative manifestos, ART MATTERS is an embodiment of this remarkable multi-media artist’s vision - an exploration of how reading, imagining, and creating can transform the world and our lives. One piece, “On Libraries,” is an impassioned argument for libraries that illuminates their importance to our future and celebrates how they foster readers and daydreamers.

Price: \$24.99 Form: TC

Publisher: HarperCollins Publishers ISBN-13: 9780062906205 Pages: 112 Pub. Date: November 2018

Bad with Money

by **Dunn, Gaby**



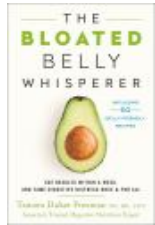
FP 75,000. The beloved writer-comedian expands on her popular podcast with an engaging and empowering financial literacy book for Millennials and Gen Z. Dunn argues that our inability to speak honestly about money is our #1 barrier to understanding it, leading us to feel alone, ashamed and anxious, which in turns makes us feel even more overwhelmed by it. In BAD WITH MONEY, she reveals the legitimate, systemic reasons behind our feeling of helplessness when it comes to personal finance, demystifying the many signposts on the road to getting our financial sh*t together.

Price: \$22.00 Form: TP

Publisher: Atria Books ISBN-13: 9781501176333 Pages: 304 Pub. Date: January 2019

Bloated Belly Whisperer : See Results Within a Week and Tame Digestive ...

by **Freuman, Tamara Duker**



FP 100,000. Bloating: ugh. About the most common complaint they get from patients, according to gastroenterologists. But Tamara Duker Freuman, a highly trained and sought-after nutritionist, knows something many doctors don't: every unhappy belly is unhappy in its own way. In this book, Tamara guides readers through the same steps she would use in a consultation, first with a quiz to help them hone in on their specific symptoms, and then by discussing the latest research and patient stories to offer dozens of solutions that will reduce abdominal bloating in a week or less. Includes 50 recipes from former Bon Appétit editor and cookbook author Kristine Kidd.

Publisher: St. Martin's Press

ISBN-13: 9781250195234

Price: \$37.99

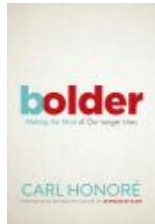
Form: TC

Pages: 336

Pub. Date: December 2018

Bolder : Making the Most of Our Longer Lives

by **Honore, Carl**



FP 12,500(CDN) A revolution in how we age is on its way. Carl Honoré captured the zeitgeist with his international bestseller, IN PRAISE OF SLOW. Now he tackles another rising global movement: our revolutionary new approach to a human inevitability - ageing. Carl Honoré looks at the cultural, medical, and technological developments that are opening new possibilities for us all. BOLDER is a radical re-think of our approach to everything from education, healthcare and work, to design, relationships and politics. An essential and inspiring read for everyone interested in our collective future.

Publisher: Knopf Canada

ISBN-13: 9780735273351

Price: \$32.00

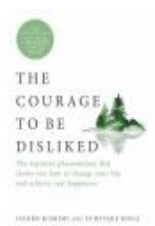
Form: TC

Pages: 304

Pub. Date: March 2019

Courage to Be Disliked : The Japanese Phenomenon That Shows You How to ...

by **Kishimi, Ichiro**



FP 6,000(CDN) Already an enormous bestseller in Asia with more than 3.5 million copies sold, this book demonstrates how to unlock the power within yourself to be the person you truly want to be. Using the theories of Alfred Adler, one of the three giants of 19th-century psychology alongside Freud and Jung, this book follows an illuminating dialogue between a philosopher and a young man. Over the course of five conversations, the philosopher helps his student to understand how each of us is able to determine the direction of our own life, free from the shackles of past traumas and the expectations of others.

Publisher: Simon & Schuster, Incorporated

ISBN-13: 9781982107024

Price: \$29.99

Form: TC

Pages: 288

Pub. Date: January 2019

Empty Planet : The Shock of Global Population Decline

by **Bricker, Darrell**



FP 10,000(CDN) From the authors of the bestselling BIG SHIFT, a provocative argument that the global population will soon begin to decline, dramatically reshaping the social, political, and economic landscape. Ibbitson and Bricker travel from South Florida to Sao Paulo, Seoul to Nairobi, Brussels to Delhi to Beijing, drawing on a wealth of research and firsthand reporting to illustrate the dramatic consequences of this population decline--and to show us why the rest of the developing world will soon join in. They find that a smaller global population will bring with it a number of benefits. Canadian author - Toronto

Publisher: McClelland & Stewart

ISBN-13: 9780771105086

Price: \$34.00

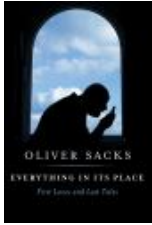
Form: TC

Pages: 288

Pub. Date: February 2019

Everything in Its Place : First Loves and Last Tales

by Sacks, Oliver



FP 8,000(CDN) From the bestselling author, a final volume of essays that showcases Sacks's broad range of interests - from his passions for ferns, swimming, and horsetails, to his final case histories exploring schizophrenia, dementia, and Alzheimer's. Oliver Sacks, renowned scientist and storyteller, is adored by readers for his neurological case histories, his fascination and familiarity with human behaviour at its most unexpected and unfamiliar. This volume celebrates and reflects the wondrous curiosity of Oliver Sacks.

Publisher: Knopf Canada

ISBN-13: 9780345811387

Price: \$32.00

Form: TC

Pages: 288

Pub. Date: April 2019

Girl, Stop Apologizing : A Shame-Free Plan for Embracing and Achieving ...

by Hollis, Rachel



FP 100,000. Bestselling author of GIRL, WASH YOUR FACE and founder of TheChicSite.com Rachel Hollis urges women to stop apologizing for their desires, hopes, and dreams and instead to go after them with passion and confidence. Rachel Hollis has seen it too often: women being afraid of their own goals. They're afraid of embarrassment, of falling short of perfection, of not being enough. But the biggest fear of all is of being judged for having ambition at all. With a call to women everywhere to stop talking themselves out of their dreams, Hollis identifies the excuses to let go of, the behaviours to adopt, and the skills to acquire on the path to growth, confidence, and the biggest possible version of their lives. Also available UAB/CD

Publisher: HarperCollins Leadership

ISBN-13: 9781400209606

Price: \$34.99

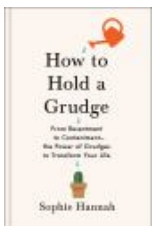
Form: TC

Pages: 240

Pub. Date: March 2019

How to Hold a Grudge

by Hannah, Sophie



FP 100,000. The first and only comprehensive examination of the universal but widely misunderstood practice of grudge-holding that will show you how to use grudges to be your happiest, most optimistic, and most forgiving self. To bear a grudge is too negative, right? Shouldn't we just forgive and move on? Wrong, says self-appointed grudge guru Sophie Hannah, in her groundbreaking and irreverent self-help guide. Yes, it's essential to think positively if we want to live happy lives, but even more crucial is how we get to the positive. Denying our negative emotions and experiences is likely to lead only to more pain, conflict, and stress.

Publisher: Scribner

ISBN-13: 9781982111427

Price: \$27.00

Form: TC

Pages: 272

Pub. Date: January 2019

Never Enough : The Neuroscience and Experience of Addiction

by Grisel, Judith



FP 60,000. From a renowned behavioural neuroscientist and recovered drug addict, this is the authoritative and accessible guide to understanding drug addiction that we've been waiting for: clearly explained brain science and vivid personal stories combine to reveal how addiction happens and what can be done about it. Drawing on years of research professor Judy Grisel has reached a fundamental conclusion: for the addict, there will never be enough drugs. Grisel's insights lead to a better understanding of the brain's critical contributions to addictive behaviour, and will help inform a more rational, coherent, and compassionate response to the epidemic.

Publisher: Knopf Doubleday Publishing Gro

ISBN-13: 9780385542845

Price: \$35.95

Form: TC

Pages: 256

Pub. Date: February 2019

Once More We Saw Stars : A Memoir

by Greene, Jayson



FP 150,000. A moving, transcendent memoir of loss and a stunning exploration of marriage in the wake of unimaginable grief. As the book opens: two-year-old Greta Greene is sitting with her grandmother on a park bench on the Upper West Side of Manhattan. A brick crumbles from a windowsill overhead, striking her unconscious, and she is immediately rushed to the hospital. But although it begins with this event and with the anguish Jayson and his wife, Stacy, confront in the wake of their daughter's trauma and the hours leading up to her death, it quickly becomes a narrative that is as much about hope and healing as it is about grief and loss. Also available UAB/CD & LP

Price: \$34.00 Form: TC

Publisher: Knopf Doubleday Publishing Gro ISBN-13: 9781524733537 Pages: 256 Pub. Date: May 2019

Oven to Table : More Than 100 One-Pan Recipes to Cook, Bake, and Share ...

by Scott, Jan



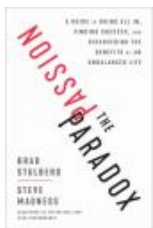
FP 10,000(CDN) Sometimes it feels impossible to get a home-cooked meal on the table. Fortunately, there's a satisfying solution to help make stress-free, mess-free, and tasty meals a reality: one-pot cooking. Using one of six cooking vessels - skillet, sheet pan, Dutch oven, baking pan, roasting pan, and casserole dish - with Jan Scott's effortless recipes, you can bring a complete dish to the table using easy-to-find ingredients and a variety of foolproof techniques. Preparing food in one pot not only saves time, both in the prep and post-meal clean up, but these recipes are flexible and endlessly adaptable too. Canadian author - Toronto

Price: \$32.00 Form: TP

Publisher: Penguin Canada ISBN-13: 9780735234499 Pages: 288 Pub. Date: February 2019

Passion Paradox : The Counterintuitive Guide to Achieving Success With ...

by Stulberg, Brad



FP 75,000. The co-authors of the bestselling PEAK PERFORMANCE dive into the science behind passion, revealing the ways in which passion is a double-edged sword and offering a plan for following your passion without ruining your life. They ultimately argue that passion and balance - that other virtue touted by our culture - are incompatible, and that to find your passion, you must lose balance. And they show how to develop the right kind of passion, the kind that lets you achieve great things without ruining your life. Swift, compact, and powerful, this thought-provoking book combines captivating stories of extraordinarily passionate individuals with the latest science on the biological and psychological factors that give rise to passion.

Price: \$25.99 Form: TC

Publisher: Potter/TenSpeed/Harmony/Rodale ISBN-13: 9781635653434 Pages: 192 Pub. Date: March 2019

Path Made Clear : Discovering a Life of Purpose and Direction

by Winfrey, Oprah



FP 500,000. In her latest book, Oprah shares what she sees as a guide for activating your deepest vision of yourself, offering the framework for creating not just a life of success, but one of significance. The book's ten chapters are organized to help you recognize the important milestones along the road to self-discovery, laying out what you really need in order to achieve personal contentment, and what life's detours are there to teach us. She then brings together wisdom and insights from luminaries in a wide array of fields, inspiring readers to consider what they're meant to do in the world and how to pursue it with passion and focus. Also available UAB/CD

Price: \$36.50 Form: TC

Publisher: Flatiron Books ISBN-13: 9781250307507 Pages: 208 Pub. Date: March 2019

Ripley's Believe It or Not! 100 Best Bions

by **Believe It Or Not!, Ripleys**



FP 150,000. Celebrate 100 years of Ripley's Believe It or Not! with 100 of our best stories! Rediscover everything, from amazing people like famous half-man Johnn Eck to unbelievable animals like Mike the headless chicken and absolutely incredible stories like the the jockey who died while finishing first in a horse race and more. With spectacular photos and in-depth stories, everyone will find something old and something new to believe...or not!

Publisher: Ripley Entertainment, Incorpor *ISBN-13:* 9781609912192 *Price:* \$28.95 *Form:* BZ
Pages: 224 *Pub. Date:* April 2019

Source of Self-Regard : Selected Essays, Speeches, and Meditations

by **Morrison, Toni**



FP 50,000. SOURCE OF SELF-REGARD is brimming with all the elegance of mind and style, the literary prowess and moral compass that are Toni Morrison's inimitable hallmark. It is divided into three parts: the first is introduced by a powerful prayer for the dead of 9/11; the second by a searching meditation on Martin Luther King Jr., and the last by a heart-wrenching eulogy for James Baldwin. In the writings and speeches included here, Morrison takes on contested social issues: the foreigner, female empowerment, the press, money, "black matter(s)," and human rights. Also available UAB/CD & LP

Publisher: Knopf Doubleday Publishing Gro *ISBN-13:* 9780525521037 *Price:* \$36.95 *Form:* TC
Pages: 384 *Pub. Date:* February 2019

Valedictorian of Being Dead : The True Story of Dying Ten Times

by **Armstrong, Heather**

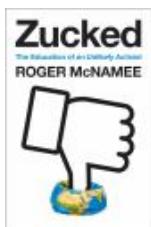


FP 125,000. From New York Times bestselling author and blogger Heather B. Armstrong comes an honest and irreverent memoir - reminiscent of the New York Times bestseller BRAIN ON FIRE - about her experience as one of only a few people to participate in an experimental treatment for depression involving ten rounds of a chemically induced coma approximating brain death. Heather recalls the torturous 18 months of suicidal depression she endured and the month-long experimental study in which doctors used propofol anesthesia to quiet all brain activity for a full 15 minutes before bringing her back from a flatline. Ten times. The experience wasn't easy. Not for Heather or her family.

Publisher: Gallery Books *ISBN-13:* 9781501197048 *Price:* \$32.99 *Form:* TC
Pages: 256 *Pub. Date:* April 2019

Zucked : The Education of an Unlikely Activist

by **McNamee, Roger**



The story of how a noted tech venture capitalist, an early mentor to Mark Zuckerberg and investor in his company, woke up to the serious damage Facebook was doing to our society and set out to try to stop it. ZUCKED is both an enthralling personal narrative and a masterful explication of the forces that have conspired to place us all on the horns of this dilemma. This is the story of a company and its leadership, but it's also a larger tale of a business sector unmoored from normal constraints, just at a moment of political and cultural crisis, the worst possible time to be given new tools for summoning the darker angels of our nature and whipping them into a frenzy.

Publisher: Penguin Publishing Group *ISBN-13:* 9780525561354 *Price:* \$37.00 *Form:* TC
Pages: 336 *Pub. Date:* February 2019

