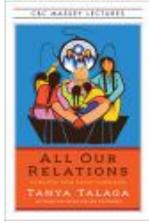


All Our Relations : Finding the Path Forward

by **Talaga, Tanya**



FP 15,000(CDN) In this year's Massey Lectures, Tanya Talaga, the bestselling author of SEVEN FALLEN FEATHERS and the 2017-18 Atkinson Fellow in Public Policy, addresses the mental healthcare and youth suicide crisis in Indigenous communities in Canada and beyond in this powerful call for justice and healing. Talaga argues that the aftershocks of cultural genocide have resulted in a disturbing rise in youth suicides in Indigenous communities in Canada and beyond. She examines the tragic reality of children feeling so hopeless they want to die, of kids perishing in clusters, forming suicide pacts, or becoming romanced by the notion of dying - a phenomenon that experts call “suicidal ideation.”

Price: \$19.95 Form: TP

Publisher: House of Anansi Press

ISBN-13: 9781487005733

Pages: 320

Pub. Date: October 2018

All Things Consoled

by **Hay, Elizabeth**



FP 15,000(CDN) A poignant, complex, and hugely resonant memoir about the shift Hay experienced between being her parents' daughter to their guardian and caregiver. In this startlingly beautiful memoir, with brutal candour and irresistible wit, Elizabeth Hay offers insight into the exquisite agony of a family's dynamics - sibling rivalries, miscommunications that spur decades of resentment all matched by true and genuine love and devotion - and reaches a deep understanding of the most unforgettable characters she will ever know, the vivid giants who were her parents. Canadian author - Ottawa

Price: \$32.00 Form: TC

Publisher: McClelland & Stewart

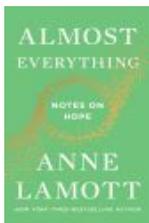
ISBN-13: 9780771039737

Pages: 272

Pub. Date: September 2018

Almost Everything : Notes on Hope

by **Lamott, Anne**



FP 180,000.Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest - when we are, as she puts it, “doomed, stunned, exhausted, and over-caffeinated” - the seeds of rejuvenation are at hand. Despair and uncertainty surround us: in the news, in our families, and in ourselves. In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, Almost Everything pinpoints these moments of insight as it shines an encouraging light forward. Also available UAB/CD & LP

Price: \$27.00 Form: TC

Publisher: Penguin Publishing Group

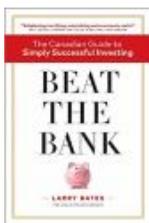
ISBN-13: 9780525537441

Pages: 192

Pub. Date: October 2018

Beat The Bank: Canadian Guide To Simply Successful Investing

by **Bates, Larry**



FP 6,000(CDN) Make the big banks work for you, not against you! Your bank strips away half of your lifetime investment returns in fees. Without realizing it, millions of Canadians are in precisely this position. How does the industry pull this off? The big Canadian banks - and by extension our entire financial industry - occupy a position of paternalistic authority that too many individual investors respect unquestioningly. The industry brilliantly capitalizes on the combination of poor understanding of fees, deep loyalty, and misplaced trust by charging Canadians the highest investment fees in the world. There is a better way!

Price: \$24.95 Form: TP

Publisher: Audey Press

ISBN-13: 9781775343707

Pages: 232

Pub. Date: September 2018

Becoming

by **Obama, Michelle**



FP 2M. An intimate, powerful, and inspiring memoir by the former First Lady of the United States. In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady - the first African-American to serve in that role - she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world. In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her. Also available UAB/CD & LP

Publisher: Crown Publishing Group

ISBN-13: 9781524763138

Price: \$40.00

Form: HC

Pages: 400

Pub. Date: November 2018

Better Homes and Gardens New Cook Book, 17th Edition

by **Better Homes and Gardens, Better Homes**



FP 250,000. With more than 1,000 recipes and a photo for each one, the book covers both traditional dishes such as Brownies and new favorites like Cold Brew Coffee. This newest edition has a fresh organization to reflect how we cook today - recipes have flavour variations, options to swap out ingredients, and ways to make them healthier. Clear directions and how-to photos teach techniques; identification photos clarify the broad range of today's ingredients; charts for meat and poultry give at-a-glance cooking times; and "cheat sheets" throughout present information in easy-to-access bites. And, for the first time, the book is now a handy, lay-flat hardcover, perfect for today's kitchens.

Publisher: Houghton Mifflin Harcourt Publ

ISBN-13: 9781328498854

Price: \$42.99

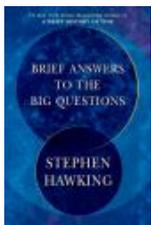
Form: TC

Pages: 704

Pub. Date: September 2018

Brief Answers to the Big Questions

by **Hawking, Stephen**



FP 500,000. The world-famous cosmologist leaves us with his final thoughts on the universe's biggest questions in this brilliant and page-turning posthumous work. At the time of his death, Hawking was working on a final project: a book compiling his answers to the "big" questions that he was so often posed - questions that ranged beyond his academic field. Within these pages, he provides his personal views on our biggest challenges as a human race, and where we, as a planet, are heading next. Each section will be introduced by a leading thinker offering his or her own insight into Professor Hawking's contribution to our understanding. Also available UAB/CD

Publisher: Random House Publishing Group

ISBN-13: 9781984819192

Price: \$29.00

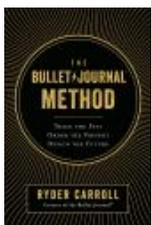
Form: TC

Pages: 208

Pub. Date: October 2018

Bullet Journal Method : Track the Past, Order the Present, Design the ...

by **Carroll, Ryder**



FP 150,000. The long-awaited first book by the founder of the enormously popular Bullet Journal® organizational system. For years Ryder Carroll tried countless organizing systems, online and off, but none of them fit the way his mind worked. Out of sheer necessity, he developed a method called the Bullet Journal that helped him become consistently focused and effective. When he started sharing his system with friends who faced similar challenges, it went viral. Just a few years later, to his astonishment, Bullet Journaling is a global movement. Carroll wrote this book for frustrated list-makers, overwhelmed multitaskers, and creatives who need some structure.

Publisher: Penguin Publishing Group

ISBN-13: 9780525533337

Price: \$35.00

Form: TC

Pages: 320

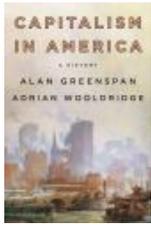
Pub. Date: October 2018

Capitalism in America : A History

by Greenspan, Alan



9 780735 222441



FP 100,000. From the legendary former Fed Chairman and the acclaimed Economist writer and historian, the full, epic story of America’s evolution from a small patchwork of threadbare colonies to the most powerful engine of wealth and innovation the world has ever seen. Where does innovation come from, and how does it spread through a society? Greenspan distills a lifetime of grappling with these questions into a thrilling and profound master reckoning with the decisive drivers of the US economy over the course of its history. At heart, the authors argue, America’s genius has been its unique tolerance for the effects of creative destruction, the ceaseless churn of the old giving way to the new, driven by new people and new ideas. Also available UAB/CD

Price: \$47.00 Form: TC

Publisher: Penguin Publishing Group

ISBN-13: 9780735222441

Pages: 512

Pub. Date: October 2018

Dare to Lead : Bold Work. Tough Conversations. Whole Hearts

by Brown, Brené



9 780399 592522



FP 300,000. In her #1 NYT bestsellers, Brené Brown taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she’s showing us how to put those ideas into practice so we can step up and lead. Leadership is not about titles, status, and power over people. Leaders are people who hold themselves accountable for recognizing the potential in people and ideas and developing that potential. This is a book for everyone who is ready to choose courage over comfort, make a difference, and lead. Also available UAB/CD

Price: \$37.00 Form: TC

Publisher: Random House Publishing Group

ISBN-13: 9780399592522

Pages: 208

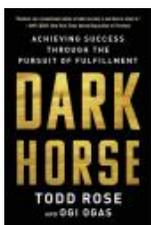
Pub. Date: October 2018

Dark Horse : The Unexpected Truth about Achieving Fulfillment and Succ ...

by Rose, Todd



9 780062 683632



FP 50,000. The bestselling author of END OF AVERAGE and his research partner examine the flaws in the “standardized” path to achievement and reveal what we can learn from those who have blazed their own ways to success - iconoclasts known as Dark Horses. If you have ever felt like you just don’t fit, this book will change your life. The Dark Horse Project was born at the Harvard Graduate School of Education to research alternative paths to excellence. The secret is a special mindset that empowers them to consistently make the right choices to fit their circumstances and complement their unique interests and abilities.

Price: \$35.99 Form: TC

Publisher: HarperCollins Publishers

ISBN-13: 9780062683632

Pages: 304

Pub. Date: October 2018

Do You Really Need It? : One Question to Free You Financially

by McSween, Pierre-yves



9 780735 273658



FP 7,500(CDN) Decisions, decisions...Whether you’re considering the latest tech or a new car, a destination wedding or buying a house, this runaway #1 Quebec bestseller says it all comes down to just one question: do you really need it? This common-sense guide by a CPA and journalist combines a fresh approach with sound advice and a good dose of humour - proving that having the right attitude to money is one of the keys to happiness. McSween questions our spending habits and assumptions, stressing the need for a fresh outlook on building financial flexibility. Canadian author - Montreal

Price: \$24.95 Form: TP

Publisher: Random House of Canada

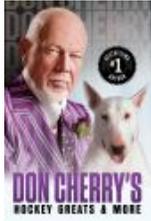
ISBN-13: 9780735273658

Pages: 336

Pub. Date: December 2018

Don Cherry's Hockey Greats and More

by **Cherry, Don**



FP 50,000(CDN) Broadcasting icon Don Cherry is back to give fans more of what they want: behind-the-scenes access to hockey's greatest heroes. For the last 60 years, Don Cherry has lived and breathed hockey - and his memories of the sport's biggest stars are just as colourful as his wardrobe. Travel with Don to hear Guy Lafleur's response to his most famous goal, Don's take on coaching Phil Esposito through a rough year, and what Cam Neely thinks of the shot that ended his career. This is Don Cherry in all his hilarious and frank glory, spinning his yarns with the best of them. Canadian author - Mississauga

Publisher: Doubleday Canada

ISBN-13: 9780385691840

Price: \$29.95

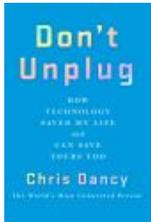
Form: TC

Pages: 272

Pub. Date: October 2018

Don't Unplug : Embracing Technology to Improve Your Life

by **Dancy, Chris**



FP 60,000. In the tradition of Tim Ferriss and Gretchen Rubin, Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology. In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. By harnessing the story of his life, could he learn to harness his own bad habits? A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel.

Publisher: St. Martin's Press

ISBN-13: 9781250154170

Price: \$36.50

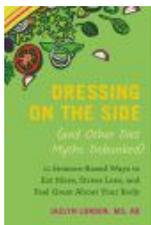
Form: TC

Pages: 288

Pub. Date: September 2018

Dressing on the Side (and Other Diet Myths Debunked) : 11 Science-Base ...

by **London, Jaclyn**



FP 75,000. Whether it's a new fad, the latest research, or a celebrity spokesperson at the helm, there are thousands of conflicting and unproven diets out there that create a lot of confusion and misinformation, leaving millions feeling helpless in reaching their health and weight-loss goals. Jaclyn London - the Nutrition Director of Good Housekeeping - will debunk the diet myths and mental blocks that prevent you from reaching your goals. Filled with accessible and science-based lifestyle habits, London will also empower you to make healthier food choices that meet the demands of your lifestyle.

Publisher: Grand Central Publishing

ISBN-13: 9781538747452

Price: \$34.00

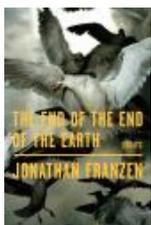
Form: TC

Pages: 304

Pub. Date: January 2019

End of the End of the Earth

by **Franzen, Jonathan**



FP 25,000(CDN) From Jonathan Franzen, one of our preeminent writers and thinkers, comes a brilliant, searing essay collection that calls for us to take better care of our planet and one another in these troubled times. He challenges us to ask difficult questions: What is our civic responsibility in the face of climate change, the greatest ever threat to our planet and species? Does technology give us a sense of control or community or is it stripping these from us? These essays are in praise of empathy, and of the beauty and power of nature and art.

Publisher: Doubleday Canada

ISBN-13: 9780385692502

Price: \$32.95

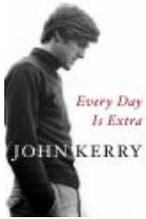
Form: TC

Pages: 240

Pub. Date: November 2018

Every Day Is Extra

by Kerry, John



FP 200,000. John Kerry tells the story of his remarkable American life - from son of a diplomat to decorated Vietnam veteran, five-term United States senator, 2004 Democratic presidential nominee, and Secretary of State for four years - a revealing memoir by a witness to some of the most important events of our recent history. Kerry tells wonderful stories about colleagues Ted Kennedy and John McCain, as well as President Obama and other major figures. He writes movingly of recovering his faith while in the Senate, and deplores the hyper-partisanship that has infected Washington. Also available UAB/CD & LP

Price: \$47.00 Form: TC
 Pages: 640 Pub. Date: September 2018

Publisher: Simon & Schuster, Incorporated ISBN-13: 9781501178955

FAKE: Fake Money, Fake Teachers, Fake Assets : How Lies Are Making the ...

by Kiyosaki, Robert T.



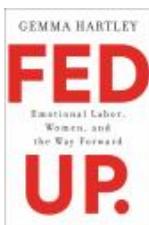
FP 100,000. Robert fights what's 'fake' and helps readers differentiate between what's real...and what isn't. Robert pulls no punches in his assessment of what is passed off as 'fact' or conventional wisdom and believes that a strong foundation - for anything we want to build - needs to start with solid, true information. In today's uncertain times, creating a secure financial future and the peace of mind that comes with it starts with taking action and taking control. Robert delivers insights and answers that help ordinary people - who probably haven't had a lot of financial education - determine what's 'real' and relevant to their financial lives.

Price: \$19.95 Form: TP
 Pages: 240 Pub. Date: April 2019

Publisher: Plata Publishing ISBN-13: 9781612680842

Fed Up : Emotional Labor, Women, and the Way Forward

by Hartley, Gemma



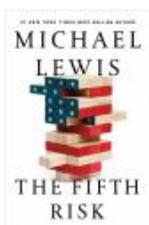
FP 150,000. Launching a heated national conversation with her viral article "Women Aren't Nags; We're Just Fed Up" - viewed over two billion times - journalist Gemma Hartley gave voice to the frustration and anger of countless women putting in the hidden, underappreciated, and absolutely draining mental work that consists of keeping everyone in their lives comfortable and happy. Bringing long overdue awareness to the daunting reality of emotional labor in our lives, Hartley defines the largely invisible but demanding, time-consuming, and exhausting "worry work" that falls disproportionately and unfairly on all women - no matter their economic class or level of education.

Price: \$33.50 Form: TC
 Pages: 272 Pub. Date: November 2018

Publisher: HarperCollins Publishers ISBN-13: 9780062855985

Fifth Risk : Undoing Democracy

by Lewis, Michael



What are the consequences if the people given control over our government have no idea how it works? "The election happened," remembers Elizabeth Sherwood-Randall, then deputy secretary of the Department of Energy. "And then there was radio silence." Across all departments, similar stories were playing out: Trump appointees were few and far between; those that did show up were shockingly uninformed about the functions of their new workplace. Some even threw away the briefing books that had been prepared for them. Michael Lewis's brilliant narrative takes us into the engine rooms of a government under attack by its own leaders. Also available UAB/CD

Price: \$35.95 Form: TC
 Pages: 256 Pub. Date: October 2018

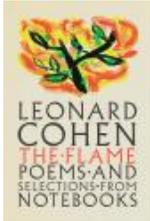
Publisher: Norton & Company, Incorporated ISBN-13: 9781324002642

Flame

by **Cohen, Leonard**



9 780771 024412



FP 25,000(CDN) **THE FLAME** is a stunning collection of Leonard Cohen's last poems, selected and ordered by the author in the final months of his life. Featuring lyrics, prose pieces, and illustrations, the book also contains an extensive selection from Cohen's notebooks, which he kept in poetic form throughout his life, and offers an unprecedentedly intimate look inside the life and mind of a singular artist and thinker. An enormously powerful final chapter in Cohen's storied literary career, **THE FLAME** showcases the full range of Leonard Cohen's lyricism, from the exquisitely transcendent to the darkly funny.

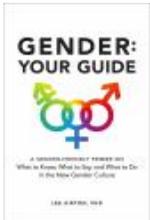
Publisher: McClelland & Stewart *ISBN-13:* 9780771024412 *Price:* \$32.95 *Form:* TC
Pages: 288 *Pub. Date:* October 2018

Gender: Your Guide : A Gender-Friendly Primer on What to Say, What to ...

by **Airton, Lee**



9 781507 209004



FP 45,000. An authentic and accessible guide to understanding - and engaging in - today's gender conversation. The days of two genders - male, female; boy, girl; blue, pink - are over, if they ever existed at all. Gender is now a global conversation, and one that is constantly evolving. Guided by professor and gender diversity advocate Lee Airton, PhD, you will learn how gender works in everyday life, how to use accurate terminology to refer to transgender, non-binary, and/or gender non-conforming individuals, and how to ask when you aren't sure what to do or say. It provides you with the information you need to talk confidently and compassionately about gender diversity. Canadian author - Ontario

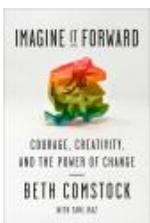
Publisher: Adams Media Corporation *ISBN-13:* 9781507209004 *Price:* \$33.99 *Form:* TC
Pages: 240 *Pub. Date:* October 2018

Imagine It Forward : Courage, Creativity, and the Power of Change

by **Comstock, Beth**



9 780345 812254



FP 10,000(CDN) Beth Comstock, the former vice chair and chief marketing officer at GE, and their longtime head of business innovation and change initiatives, tackles the one issue that keeps managers, executives, and leaders up at night - how to stay nimble, adapt faster, and constantly evolve in the face of almost daily change and disruption. In a deeply personal journey filled with practical takeaways from two plus decades of initiating change at the top levels of corporate America, Comstock lays out the challenges, opportunities, tools, and practices needed to embrace change, whatever industry you are in, and make it part of every management decision.

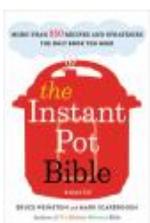
Publisher: Random House of Canada *ISBN-13:* 9780345812254 *Price:* \$35.00 *Form:* TC
Pages: 416 *Pub. Date:* September 2018

Instant Pot Bible : The Only Cookbook You Need -- with More Than 350 R ...

by **Weinstein, Bruce**



9 780316 524612



FP 100,000. Building off decades of experience creating recipes that help home cooks deliver on flavour without much time or hassle, bestselling authors Bruce Weinstein and Mark Scarbrough bring you the key to unlocking the full potential of your Instant Pot. This book is the first to feature fast-and-slow timings for recipes: use either the pressure cooking or slow cooking function! With easy-to-follow instructions that produce delicious results every time and more than 350 time-saving recipes, you'll discover the true power of the Instant Pot - and feed your family in a flash every night of the week.

Publisher: Little Brown & Company *ISBN-13:* 9780316524612 *Price:* \$23.49 *Form:* TP
Pages: 352 *Pub. Date:* October 2018

Instant Pot Fast and Easy : 100 Simple and Delicious Recipes for Your ...

by Pitre, Urvashi



FP 150,000. The author of the bestselling INDIAN INSTANT POT COOKBOOK turns her sights to all kinds of boldly flavoured and internationally-themed recipes - Mexican, Thai, Moroccan, and more. Just like fans have come to expect, Pitre's incredibly well-tested recipes will work perfectly every time, and of course taste great too. And because these are Instant Pot recipes, dishes like Japanese Chicken Curry, Chinese Steamed Ribs, and Mexican Pulled Pork are ready in a fraction of the time they would take using traditional cooking methods. As with all of Pitre's recipes, the focus is on whole foods instead of artificial convenience ingredients.

Publisher: Houghton Mifflin Harcourt Trad *ISBN-13:* 9781328577863 *Price:* \$31.99 *Form:* TP
Pages: 240 *Pub. Date:* January 2019

Jamie Cooks Italy

by Oliver, Jamie



FP 35,000(CDN) Jamie Cooks Italy is a celebration of the joy of Italian food. Jamie wants to share his love of all things Italian. This is about bringing the pleasure and passion of the world's favourite cuisine to your kitchen at home. Featuring 130 recipes in Jamie's easy-to-follow style, the book has chapters on Antipasti, Salad, Soup, Meat, Pasta, Fish, Rice & Dumplings, Bread & Pastry, Sides, Desserts and all the Basics you need. The recipes are a mix of fast- and slow-cooking, familiar classics with a Jamie twist, simple everyday dishes and more indulgent labour-of-love choices for weekends and celebrations.

Publisher: HarperCollins Canada, Limited *ISBN-13:* 9781443457453 *Price:* \$42.00 *Form:* TC
Pages: 408 *Pub. Date:* October 2018

My Stories, My Times

by Chretien, Jean

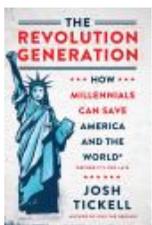


FP 25,000(CDN) One of the most popular Canadian prime ministers in recent history, elected to government for three consecutive majority terms, Jean Chrétien has some stories to tell. Recounted with warmth, insight and his distinctive sense of humour, these brief and candid essays feature many behind-the-scenes stories from a long, distinguished and colourful career. October 2018 marks 25 years since Jean Chrétien took the helm as prime minister. In this collection of short essays, he has picked up his pen to reminisce about his long years in the public eye, and the many luminaries he met and worked with.

Publisher: Random House Canada *ISBN-13:* 9780735277342 *Price:* \$34.95 *Form:* TC
Pages: 256 *Pub. Date:* October 2018

Revolution Generation : How Millennials Might Just Save the World

by Tickell, Josh

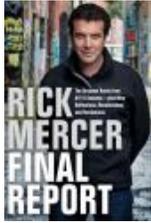


FP 60,000. With eye-opening research and inspiring interviews, REVOLUTION GENERATION is the first in-depth exploration of the world-changing activism and potential of people born between 1980 and 2000. Labelled Generation Y or Millennials, theirs is the first digitally fluent generation. From sex and dating, to parental relationships, to jobs and the economy, Millennials live within a dynamic interplay of technological advances and real world setbacks. Their connectivity and global awareness have created astonishing new opportunities, but have also come at a time of peril. Soon to be a full-length documentary featuring Bernie Sanders, Shailene Woodley, Rosario Dawson, and more.

Publisher: Atria Books *ISBN-13:* 9781501146091 *Price:* \$36.00 *Form:* TC
Pages: 288 *Pub. Date:* September 2018

Rick Mercer Final Report

by Mercer, Rick

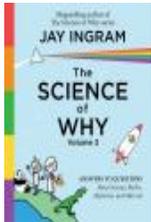


FP 75,000(CDN) Canada's pre-eminent satirical commentator brings down the curtain on his hugely successful show. Rick Mercer can always be relied on to provoke a strong reaction - but what he said one fall day in 2017 truly shocked the nation. In a rant posted on social media, the great Canadian satirist announced loud and clear that the current, 15th season of the Rick Mercer Report would be the last. This volume brings together never-before-published rants from the last five seasons of the show, plus a selection of the very best rants from earlier years. Canadian author - Toronto

Publisher: Doubleday Canada *ISBN-13:* 9780385692472 *Price:* \$32.95 *Form:* TC
Pages: 272 *Pub. Date:* November 2018

Science of Why, Volume 3 : Answers to Questions about Science Myths, M ...

by Ingram, Jay



FP 25,000(CDN) The newest volume in the beloved Science of Why series - full of fascinating science that will amuse and astonish readers of all ages. Have you wondered why you cringe when fingernails are scratched along a chalkboard? Or whether you could ever have a cybernetic limb? Or if a shark can smell a drop of blood a mile away? Then you're in luck! Bestselling author Jay Ingram is back to answer all those questions and more as he explores and explains the world around us in all of its head-scratching curiosity. From the smallest parts inside us to the biggest questions about our universe, Jay tackles pressing topics.

Publisher: Simon & Schuster, Incorporated *ISBN-13:* 9781508257950 *Price:* \$29.99 *Form:* TC
Pages: 224 *Pub. Date:* November 2018

Split Tooth

by Tagaq, Tanya



FP 25,000(CDN) From the internationally acclaimed Inuit throat singer who has dazzled and enthralled the world with music it had never heard before, a fierce, tender, heartbreaking story unlike anything you've ever read. A girl grows up in Nunavut in the 1970s. She knows joy, and friendship, and parents' love. She knows boredom, and listlessness, and bullying. She knows the ravages of alcohol, and violence at the hands of those she should be able to trust. She sees the spirits that surround her, and the immense power that dwarfs all of us. When she becomes pregnant, she must navigate all this. Canadian author - Nunavut

Publisher: Penguin Canada *ISBN-13:* 9780670070091 *Price:* \$29.95 *Form:* TC
Pages: 304 *Pub. Date:* September 2018

Summer

by Knausgård, Karl Ove



FP 3,000(CDN) The grand finale of Karl Ove Knausgaard's masterful and intensely-personal series about the four seasons, illustrated with paintings by the great German artist Anselm Kiefer. Writing more expansively and, if it is possible, even more intimately and unguardedly than in the previous three volumes, he mines with new depth his difficult memories of his childhood and fraught relationship with his own father. In his hands, the overwhelming joys and insoluble pains of family and parenthood come alive with uncommon feeling.

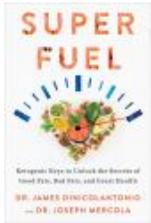
Publisher: Knopf Canada *ISBN-13:* 9780345811127 *Price:* \$40.00 *Form:* TC
Pages: 416 *Pub. Date:* August 2018

Superfuel : Ketogenic Keys to Unlock the Secrets of Good Fats, Bad Fat ...

by DiNicolantonio, James



9 781401 956356



FP 50,000. New York Times bestselling author Dr. Joseph Mercola teams up with cardiovascular expert Dr. James J. DiNicolantonio to cut through the confusion about how dietary fats affect our bodies - and set the record straight on how to eat for optimal health. Drawing on Dr. DiNicolantonio's research at Saint Luke's Mid America Heart Institute, as well as hundreds of groundbreaking studies, this book will give you the skinny on dietary fats such as coconut oil, butter, cream, olive oil, fish oil, and vegetable oils, to show you which fats are beneficial for weight loss and which ones actually cause you to gain weight. You'll also learn how you should cook and consume these foods for optimal health and longevity.

Price: \$35.99 Form: TC

Publisher: Hay House, Incorporated

ISBN-13: 9781401956356

Pages: 1

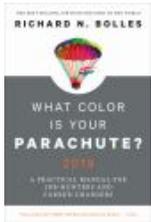
Pub. Date: November 2018

What Color Is Your Parachute? 2019 : A Practical Manual for Job-Hunter ...

by Bolles, Richard N.



9 780399 581687



FP 100,000. TRADE PAPERBACK EDITION

Price: \$25.99 Form: TP

Publisher: Ten Speed Press

ISBN-13: 9780399581687

Pages: 368

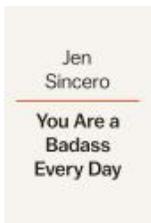
Pub. Date: August 2018

You Are a Badass Every Day

by Sincero, Jen



9 780525 561644



FP 100,000. For anyone who has ever had trouble staying on track while trailblazing towards badassery, this is the companion to keep you fresh, grateful, scrappy, and driven. In this inspirational guide, bestselling author and world-travelling success coach Jen Sincero distills the big ideas behind her iconic books into bite-sized, daily exercises and reflections you need to stay sharp. Giving you permission to let go of missteps, the tools to keep yourself accountable, and the space and acceptance to celebrate like mad when you are kicking butt, YOU ARE A BADASS EVERY DAY is organized to help you maneuver through the challenges and maximize the advantages of our seasonal rhythms. Also available UAB/CD

Price: \$27.00 Form: TC

Publisher: Penguin Publishing Group

ISBN-13: 9780525561644

Pages: 224

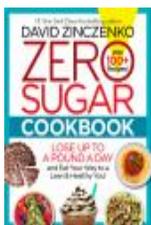
Pub. Date: December 2018

Zero Sugar Cookbook

by Zinzenko, David



9 781984 817334



FP 50,000. Lose up to 14 pounds in 14 days with more than 150 fully illustrated recipes for sugar-free meals, drinks, snacks, and desserts based on the cravings-busting, fat-melting science from ZERO SUGAR DIET. Offering delicious recipes that replace empty calories with essential ones - swapping in whole foods and fiber and swapping out added sugars - you'll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges today. The cookbook will meet every dieter's breakfast, lunch, dinner, and snacking needs.

Price: \$37.00 Form: TC

Publisher: Random House Publishing Group

ISBN-13: 9781984817334

Pages: 272

Pub. Date: December 2018

