

Above The Line: My Wild Oats Adventure

by **Maclaine, Shirley**



FP 75,000. A funny, fierce, imaginative memoir chronicling New York Times bestselling author and Academy Award winner Shirley MacLaine’s remarkable experiences filming WILD OATS in the Canary Islands and the extraordinary memories her time there brought forth of a past life on the lost continent of Atlantis. Can we learn the lessons the citizens of Atlantis failed to comprehend? The answer is borne out of recovered memories from Shirley’s past life on Atlantis and through a series of meditations that reveal the necessity of unfettered imagination when looking for bold new truths. Also available UAB/CD

Genre: Price: \$30.00 Form: Trade Cloth
 Publisher: Atria Books ISBN-13: 9781501136412 Pages: 256 Pub. Date: January 2015

By Chance Alone : A Remarkable True Story of Courage and Survival at Auschw ...

by **Eisen, Max**

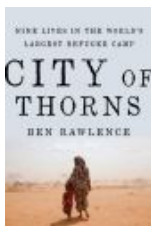


FP 15,000(CDN) TRADE PAPERBACK EDITION

Genre: Price: \$22.99 Form: Trade Paper
 Publisher: HarperCollins Publishers ISBN-13: 9781443448536 Pages: 272 Pub. Date: April 2016

City of Thorns : Nine Lives in the World's Largest Refugee Camp

by **Rawlence, Ben**

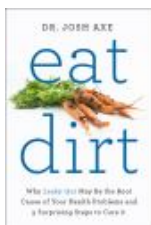


FP 7,500(CDN) Combining intimate storytelling with investigative journalism, CITY OF THORNS takes us inside Dadaab, the world’s biggest and most notorious refugee camp, through the stories of the people who live there. To charity workers, Dadaab refugee camp is a humanitarian crisis; to the Kenyan government, it’s a “nursery for terrorists”; to the western media, it’s a dangerous no-go area; but to its half a million residents, it is their last resort. Situated in the midst of the inhospitable desert of northern Kenya where only thorn bushes grow, Dadaab is a city like no other.

Genre: CAMPS Price: \$34.00 Form: Trade Cloth
 Publisher: Penguin Random House Canada Lt ISBN-13: 9780345815149 Pages: 400 Pub. Date: January 2016

Eat Dirt : Why Leaky Gut May Be the Root Cause of Your Health Problems-And ...

by **Axe, Josh**



FP 100,000. Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome. Axe explains that it’s essential to get a little “dirty” in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil.

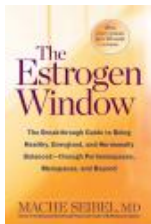
Genre: Price: \$34.99 Form: Trade Cloth
 Publisher: HarperCollins Publishers ISBN-13: 9780062433640 Pages: 288 Pub. Date: March 2016

Estrogen Window : The Breakthrough Guide to Being Healthy, Energized, and H ...

by Seibel, Mache



9 781623 366742



FP 50,000. The definitive book on hormonal health for menopausal women. When administered at the right time, estrogen therapy can lead to substantial improvements in a woman's quality of life. Yet, for more than a decade, women have been told about many worrisome side effects of hormone replacement therapy (HRT). Dr. Seibel presents groundbreaking research that proves how every woman has an "estrogen window," an ideal time to begin estrogen replacement, which can minimize menopausal symptoms

Genre:

Price: \$29.99 Form: Trade Cloth

Publisher: Rodale Press, Incorporated

ISBN-13: 9781623366742

Pages: 288

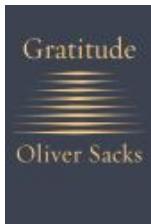
Pub. Date: April 2016

Gratitude

by Sacks, Oliver



9 780345 811363



FP 10,000(CDN) A deeply moving testimony and celebration of how to embrace life. In January 2015, Oliver Sacks was diagnosed with a recurrence of cancer, and he shared this news in a New York Times essay that inspired readers all over the world. GRATITUDE consists of four essays that originally appeared in The New York Times, accompanied by a foreword that describes the occasion of each chapter. The foreword is written by Billy Hayes, Oliver Sacks's partner, and Kate Edgar, his long time collaborator. Sacks died August 2015.

Genre: INTERNAL MEDICINE

Price: \$24.00 Form: Trade Cloth

Publisher: Knopf Canada

ISBN-13: 9780345811363

Pages: 64

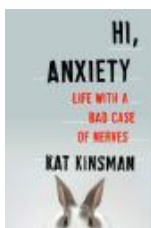
Pub. Date: November 2015

Hi, Anxiety

by Kinsman, Kat



9 780062 369680



FP 50,000. Beloved food writer, editor, and commentator Kat Kinsman expands on the high profile pieces she wrote for CNN.com about depression, and its wicked cousin, anxiety. As a successful media personality, Kat still battles anxiety every day. That anxiety manifests in strange, and deeply personal ways. Exploring how millions are affected by anxiety, this is a clarion call for everyone - especially women - struggling with this condition. With humour, bravery, and writing that brings bestsellers like Lori Notaro and Jenny Lawson to mind, HI, ANXIETY tackles a difficult subject with amazing grace.

Genre:

Price: \$33.50 Form: Trade Cloth

Publisher: HarperCollins Publishers

ISBN-13: 9780062369680

Pages: 320

Pub. Date: April 2016

Lovers

by Nordland, Rod



9 780062 378828



FP 100,000. A riveting, real-life equivalent of KITE RUNNER - an astonishingly powerful and profoundly moving story of a young couple willing to risk everything for love that puts a human face on the ongoing debate about women's rights in the Muslim world. Zakia and Ali were from different tribes, but they grew up on neighbouring farms in Afghanistan. By the time they were young teenagers, they had fallen in love. Defying their families, sectarian differences, cultural conventions, and Afghan civil and Islamic law, they ran away together only to live under constant threat. Also available LP

Genre:

Price: \$33.50 Form: TC

Publisher: HarperCollins Publishers

ISBN-13: 9780062378828

Pages: 384

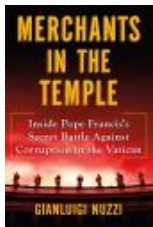
Pub. Date: January 2016

Merchants in the Temple : Inside Pope Francis's Battle Against Corruption i ...

by **Nuzzi, Gianluigi**



9 781627 798655



FP 80,000. From a bestselling author with unprecedented access to Pope Francis, an investigative look at the recent financial scandals at the highest levels of the Vatican. A veritable war is waging in the Church: on one side, there is Pope Francis's strong message for one church of the poor and all; on the other, there is the old Curia with its endless enemies, and the old and new lobbies struggling to preserve their not-so-Christian privileges. The old guard do not back down, they are ready to use all means necessary to stay in control and continue the immoral way they conduct their business. Also available UAB/CD

Genre:

Price: \$32.50 Form: Trade Cloth

Publisher: Holt & Company, Henry

ISBN-13: 9781627798655

Pages: 240

Pub. Date: November 2015

Primary Greatness : The 12 Levers of Success

by **Covey, Stephen R.**



9 781501 106576



FP 100,000. A new set of rules for achieving a happy and fulfilling life of primary greatness. PRIMARY GREATNESS once again delivers classic Covey wisdom in a compact and digestible form. In this posthumous work, Covey lays out clearly the 12 levers of success that will lead to a life of primary greatness: Integrity, Contribution, Priority, Sacrifice, Service, Responsibility, Loyalty, Reciprocity, Diversity, Learning, Teaching, and Renewal. For the first time, Covey defines each of these 12 qualities and how they provide the leverage to make your daily life truly "great." Also available UAB/CD

Genre:

Price: \$32.50 Form: Trade Cloth

Publisher: Simon & Schuster, Incorporated

ISBN-13: 9781501106576

Pages: 224

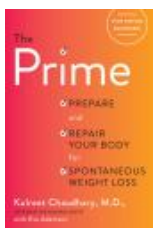
Pub. Date: November 2015

Prime : Stop Dieting Backward to Gain a Sharper Brain, Smarter Gut, and Spo ...

by **Chaudhary, Kulreet**



9 781101 904312



FP 100,000. Integrative neurologist Dr. Kulreet Chaudhary teaches readers how to prime their bodies as well as heal their minds and guts so that weight loss is spontaneous. In this, her first book, she shows readers that weight gain is a result of the body being in a toxic, inflammatory state. If your body is not prepared for weight loss, you will fight a biochemical uphill battle, and the odds of succeeding are slim. After priming the body (without giving up anything you love) and making a few additions to your diet, you'll be able to shed the weight and transform your health. Also available UAB/CD

Genre: PUBLIC HEALTH

Price: \$34.00 Form: Trade Cloth

Publisher: Crown Publishing Group

ISBN-13: 9781101904312

Pages: 320

Pub. Date: January 2016

We : A Manifesto for Modern Women

by **Anderson, Gillian**



9 781501 126277



FP 75,000. Imagine a sisterhood - across all creeds and cultures. An unspoken agreement that we, as women, will support and encourage one another. That we will remember we don't know what struggles each of us may be facing elsewhere in our lives and so we will assume that each of us is doing our best... Written by actress Gillian Anderson and journalist Jennifer Nadel, WE is a not a theoretical treatise but instead a rallying cry to create a life that has greater meaning and purpose. WE is both a process and a vision for a more fulfilling way of living.

Genre:

Price: \$32.99 Form: Trade Cloth

Publisher: Atria Books

ISBN-13: 9781501126277

Pages: 288

Pub. Date: March 2016

