

Achtung Baby : An American Mom in Berlin Learns the Art of Raising Sel ...

by **Zaske, Sara**



FP 50,000. A clarion call and practical guide for a return to rational parenting, following the Germans' common sense approach. When Sara Zaske moved from Oregon to Berlin with her husband and toddler, she knew the transition would be multi-layered, adding parenting and then the birth of another child into the mix. She was surprised to discover that German parents give their children a great deal of freedom - much more than Americans. Through her own family's often funny experiences as well as interviews with other parents, teachers, and experts, Zaske shares the many unexpected parenting lessons she learned from living in Germany.

Publisher: Picador

ISBN-13: 9781250160171

Price: \$34.00

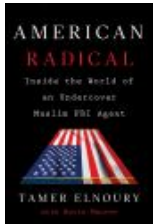
Form: TC

Pages: 256

Pub. Date: January 2018

American Radical : Inside the World of an Undercover Muslim FBI Agent

by **Elnoury, Tamer**



FP 250,000. The explosive memoir of a Muslim American FBI agent fighting terror from the inside. It's no secret that federal agencies are waging a broad, global war against terror. But for the first time in this memoir, an active, Muslim American federal agent reveals his experience infiltrating and bringing down a terror cell in North America. A longtime undercover agent, Tamer Elnoury joined an elite counterterrorism unit after September 11. Its express purpose is to gain the trust of terrorists whose goals are to take out as many Americans in as public and devastating a way possible. Also available UAB/CD

Publisher: Penguin Publishing Group

ISBN-13: 9781101986158

Price: \$37.00

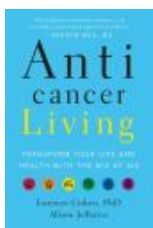
Form: TC

Pages: 368

Pub. Date: October 2017

Anticancer Living : Transform Your Life and Health with the Mix of Six ...

by **Cohen, Lorenzo**



FP 75,000. The long-awaited follow-up to ANTICANCER by David Servan-Schreiber's colleague and research collaborator Lorenzo Cohen. Readers have long requested a specific plan to put a comprehensive approach into practice. ANTICANCER LIVING is that book. Most people do not realize that lifestyle changes can reduce cancer risk, enhance treatment, and increase chances of surviving and even thriving after a diagnosis. Following the trail of scientific evidence, Dr. Lorenzo Cohen has identified six key areas within our control: social and emotional support, stress management, sleep, diet, exercise, and avoiding environmental toxins. Also available UAB/CD

Publisher: Penguin Publishing Group

ISBN-13: 9780735220416

Price: \$37.00

Form: TC

Pages: 304

Pub. Date: May 2018

At My Table : A Celebration of Home Cooking

by **Lawson, Nigella**



FP 17,500(CDN) Nigella Lawson is every home cook's goddess, and in this new book she returns to celebrating the food she loves to cook for friends and family every day. AT MY TABLE includes dishes to inspire all cooks and eaters, from Hake with Bacon, Peas and Cider to Indian-Spiced Chicken and Potato Traybake and Chili Mint Lamb Cutlets; plus a collection of colourful vegetable dishes, like Eastern Mediterranean Chopped Salad and Carrots and Fennel with Harissa. The recipes are warming, comforting, and inspirational.

Publisher: Appetite by Random House

ISBN-13: 9780147531063

Price: \$45.00

Form: TC

Pages: 288

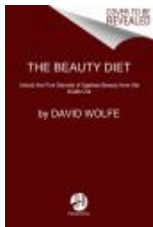
Pub. Date: April 2018

Beauty Diet

by Wolfe, David



9 780062 309808



FP 50,000. Each year, women absorb five pounds of toxins using common beauty products. David Wolfe, one of the foremost nutrition experts, argues that you shouldn't have to trade good health for exceptional beauty. There are safe, effective, and most importantly, natural ways to enjoy glowing skin and gorgeous hair. In BEAUTY DIET, he offers these solutions for cleansing and nourishing the body, slowing the aging process, and transforming your health from the inside out so that your beauty radiates like never before.

Publisher: HarperCollins Publishers

ISBN-13: 9780062309808

Price: \$34.99

Form: TC

Pages: 336

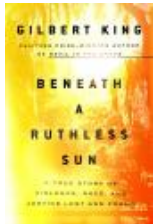
Pub. Date: April 2018

Beneath a Ruthless Sun

by King, Gilbert



9 780399 183386



FP 75,000. From the author of the Pulitzer Prize-winning bestseller DEVIL IN THE GROVE. In December 1957, Blanche Bosanquet Knowles, the wealthy young wife of a citrus baron, is raped in her home while her husband is away. She says a "husky Negro" did it, and Lake County's infamously racist sheriff, Willis McCall, has no hesitation in rounding up a herd of suspects matching that description. But within days all are released without explanation. Just as inexplicably, McCall turns his sights on Jesse Daniels, a gentle white 19-year-old with the mental capacity of a ten-year-old. Every attempt to exonerate Jesse fails, and he is railroaded up north to the Florida State Hospital for the Insane. Also available UAB/CD & LP

Publisher: Penguin Publishing Group

ISBN-13: 9780399183386

Price: \$37.00

Form: TC

Pages: 416

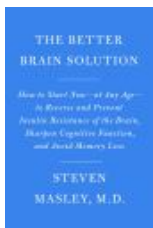
Pub. Date: April 2018

Better Brain Solution : How to Start Now--At Any Age--to Reverse and P ...

by Masley, Steven



9 781524 732387



FP 150,000. Most people today understand the effect that elevated blood sugar has on their cardiovascular health, but few understand that insulin resistance is significantly damaging to the brain. Dr. Steven Masley offers a program that, in the fight against diabetes, memory loss, and cognitive decline, can reverse insulin resistance, enhance cognitive performance, and stop cognitive decline before it is too late. Masley explores the impact of insulin resistance on the brain and the heart/brain/diabetes connection, explaining how cognitive function and memory work and he discusses the risk factors for memory loss. Also available UAB/CD

Publisher: Knopf Doubleday Publishing Gro

ISBN-13: 9781524732387

Price: \$36.95

Form: TC

Pages: 384

Pub. Date: January 2018

Beyond Soap : The Real Truth about What You Are Doing to Your Skin and ...

by Skotnicki, Sandy



9 780735 233607



FP 15,000(CDN) Sensitive skin is one of the most buzzed-about topics in dermatology today. Astonishingly, many of the women and men who suffer from problem skin are unknowingly causing it by washing too frequently and using too many skincare and beauty products. Leading dermatologist Dr. Skotnicki explains that the best state for skin is the natural state. On its own, the skin is better equipped to fight wrinkles, stave off aging and act as armour that protects the body from infection. Skotnicki demystifies the claims of commonly used beauty products and offers a common-sense approach to cleansing the body. Canadian author - Toronto

Publisher: Penguin Canada

ISBN-13: 9780735233607

Price: \$24.95

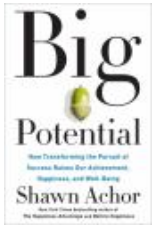
Form: TP

Pages: 320

Pub. Date: May 2018

Big Potential : Five Strategies to Reach New Heights of Creativity, Pr ...

by **Achor, Shawn**



FP 75,000. We have long thought about potential as being a set of individual traits: your creativity, your skills your intelligence. But thanks to exciting new research combining neuroscience and psychology with Big Data, we now know that our potential is not limited by what we alone can achieve. Instead, it is determined by how we complement, contribute to, and benefit from the abilities and achievements of people around us. Drawing on cutting-edge original research, as well as his work with nearly half of the Fortune 100, Achor walks us through five actionable steps towards achieving our Big Potential to thrive in the modern world. Also available UAB/CD

Price: \$37.00 Form: TC

Publisher: Knopf Doubleday Publishing Gro ISBN-13: 9781524761530 Pages: 240 Pub. Date: January 2018

Boy on the Beach : A Syrian Family's Story of Love, Loss, and Hope Dur ...



by **Kurdi, Tima**



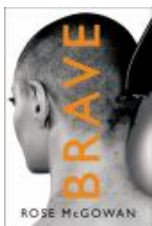
FP 15,000(CDN) Alan Kurdi's body washed up on the shore of the Mediterranean Sea on September 2, 2015, and overnight, the political became personal, as the world awoke to the reality of the Syrian refugee crisis. Tima Kurdi first saw the shocking photo of her nephew in her home in Vancouver, Canada. But Tima did not need a photo to understand the truth - she and her family had already been living it. Tima recounts with heart-wrenching honesty the anguish of being torn between a new home and the world she'd left behind. Canadian author - BC

Price: \$32.00 Form: TC

Publisher: Simon & Schuster, Incorporated ISBN-13: 9781501175237 Pages: 272 Pub. Date: April 2018

Brave

by **McGowan, Rose**



FP 65,000. A revealing memoir and empowering manifesto from one of the most provocative voices in Hollywood - millennial icon; star of the hit television show Charmed; indie hero; lead actress, musician; award-winning director; and feminist whistle-blowing badass Rose McGowan. Rose was born in one cult and came of age in another, more visible cult - Hollywood. Born and raised in the Italian chapter of the Children of God, Rose escaped through a cornfield at night, moved to the states, and ran away at 13. She lived a transient punk lifestyle on and off the streets until she was "discovered" on a curb in Los Angeles and became one of Hollywood's most desired actresses overnight.

Price: \$29.99 Form: TC

Publisher: HarperCollins Publishers ISBN-13: 9780062655981 Pages: 288 Pub. Date: January 2018

Breasts: the Owner's Manual : Every Woman's Guide to Reducing Cancer R ...

by **Funk, Kristi**



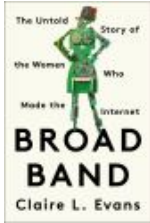
FP 100,000. One in eight women will be diagnosed with breast cancer at some point in their lives, and breast cancer is the #1 killer of women ages 20-59. This holistic guide to total breast health arms women with the most up-to-date tools for prevention and a compassionate and complete guide to treatment options. Dr. Kristi Funk is a Board-certified breast cancer surgeon based in Los Angeles and the co-founder of the Pink Lotus Breast Center, which has transformed the delivery of breast health care in America. Dr. Funk will debunk the most prevalent myths that cause women to feel powerless over their breast health.

Price: \$33.50 Form: TC

Publisher: Nelson Incorporated, Thomas ISBN-13: 9780785218722 Pages: 368 Pub. Date: May 2018

Broad Band : The Untold Story of the Women Who Made the Internet

by Evans, Claire L.



FP 50,000. Join the ranks of women who have pioneered technology, like Ada Lovelace, the tortured, imaginative daughter of Lord Byron, who wrote the first program for a mechanical computer. Grace Hopper, a navy admiral and mathematician created machine-independent programming languages. Stacy Horn ran one of the Internet’s earliest social networks, Echo, out of her Greenwich Village apartment in New York City. To say nothing of database poets, desktop thespians, cyber-ingenues, glass ceiling-shattering entrepreneurs, and the self-proclaimed “biggest bitch in Silicon Alley.”

Publisher: Penguin Publishing Group *ISBN-13:* 9780735211759 *Price:* \$36.00 *Form:* TC
Pages: 272 *Pub. Date:* March 2018

Crushing It! : How Great Entrepreneurs Build Business and Influence--A ...

by Vaynerchuk, Gary



FP 150,000. In his 2009 international bestseller CRUSH IT, Gary insisted that a vibrant personal brand was crucial to entrepreneurial success, now, Gary explains why that’s even more true today, offering his unique perspective on what has changed and what principles remain timeless. He also shares stories from other entrepreneurs who have grown wealthier - and not just financially - than they ever imagined possible by following Crush It principles. The secret to their success (and Gary’s) has everything to do with their understanding of the social media platforms. Also available UAB/CD

Publisher: HarperCollins Publishers *ISBN-13:* 9780062674678 *Price:* \$36.99 *Form:* TC
Pages: 288 *Pub. Date:* January 2018

Diabetes Code : Prevent And Reverse Type 2 Diabetes Naturally

by Fung, Jason

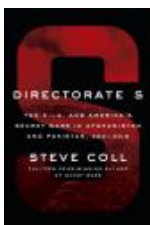


FP 5,000(CDN) In 2016, Dr. Jason Fung forever changed the way we think about obesity with his bestselling book, OBESITY CODE. Now he’s set out to do the same for type 2 diabetes. Dr. Fung proposes a new, evidence-based way to break the cycle of high blood glucose and increased insulin resistance. Drawing from the latest in medical research, he outlines the impact of diet and lifestyle in type 2 diabetes and offers simple, easy-to-follow advice for preventing and reversing its course, complete with helpful charts and illustrations. Canadian author - Toronto

Publisher: Greystone Books Ltd. *ISBN-13:* 9781771642651 *Price:* \$24.95 *Form:* TP
Pages: 296 *Pub. Date:* March 2018

Directorate S : The C. I. A. and America's Secret Wars in Afghanistan ...

by Coll, Steve



FP 100,000. Resuming the narrative of his Pulitzer Prize-winning GHOST WARS, bestselling author Steve Coll tells for the first time the epic and enthralling story of America’s intelligence, military, and diplomatic efforts to defeat Al Qaeda and the Taliban in Afghanistan and Pakistan since 9/11. Coll makes painfully clear, the war in Afghanistan was doomed because of the failure of the US to apprehend the motivations and intentions of I.S.I.’s “Directorate S”. This was a swirling and shadowy struggle of historic proportions, which endured over a decade and across both the Bush and Obama administrations. Also available UAB/CD

Publisher: Penguin Publishing Group *ISBN-13:* 9781594204586 *Price:* \$45.00 *Form:* TC
Pages: 784 *Pub. Date:* February 2018

Duchess : The Untold Story

by **Junor, Penny**



9 780062 471109



FP 50,000. In this, the first in-depth biography of Camilla, the Duchess of Cornwall - the infamous other woman who made the marriage of Britain's Prince Charles and Princess Diana "a bit crowded" - esteemed royal biographer Penny Junor tells the unlikely and extraordinary story of the woman reviled as a pariah. Junor argues that although Camilla played a central role in the darkest days of the modern monarchy she also played a central role in restoring the Royal Family's reputation, especially that of Prince Charles. A woman with no ambition to be a princess, a duchess, or a queen, Camilla simply wanted to be with, and support, the man who has always been the love of her life.

Price: \$35.99 Form: TC

Publisher: HarperCollins Canada, Limited ISBN-13: 9780062471109 Pages: 320 Pub. Date: March 2018

Eat a Little Better

by **Kass, Sam**



9 780451 494948



FP 150,000. Sam Kass, former chef to the Obamas and White House food policy advisor, makes it easier to do a little better for your diet - and the environment - every day, through smart ways to think about shopping, setting up your kitchen so the healthy stuff comes to hand most naturally, and through 90 delicious, simple recipes. Kass shares his philosophy and methods to help make it easy to choose, cook, and eat delicious foods without depriving yourself of agency or pleasure. He knows that going organic, local, and so forth all the time is just not realistic for most people, and that's ok - it's all about choosing and doing a little better, and how those choices add up to big change.

Price: \$42.50 Form: TC

Publisher: Potter/TenSpeed/Harmony ISBN-13: 9780451494948 Pages: 288 Pub. Date: March 2018

Educated : A Memoir

by **Westover, Tara**



9 781443 452472



A stunning new memoir about family, loss and the struggle for a better future. Tara Westover was 17 when she first set foot in a classroom. Instead of traditional lessons, she grew up learning how to stew herbs into medicine, scavenging in the family scrap yard and helping her family prepare for the apocalypse. She had no birth certificate and no medical records and had never been enrolled in school. Little by little, Tara started to realize that what her family was offering didn't have to be her only education. Her first day of university was her first day in school - ever - and she would eventually win an esteemed fellowship from Cambridge and graduate with a PhD in intellectual history and political thought.

Price: \$34.99 Form: TC

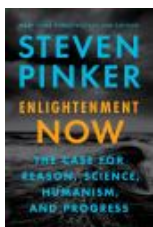
Publisher: HarperCollins Publishers ISBN-13: 9781443452472 Pages: 352 Pub. Date: February 2018

Enlightenment Now : The Case for Reason, Science, Humanism, and Progre 🇨🇦

by **Pinker, Steven**



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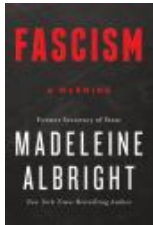
FP 100,000. The follow-up to Pinker's groundbreaking BETTER ANGELS OF OUR NATURE. In this elegant assessment of the human condition in the third millennium, cognitive scientist and public intellectual Steven Pinker urges us to step back from the gory headlines and prophecies of doom, which play to our psychological biases. Instead, follow the data: In 75 jaw-dropping graphs, Pinker shows that life, health, prosperity, safety, peace, knowledge, and happiness are on the rise, not just in the West, but worldwide. This progress is not the result of some cosmic force. It is a gift of the Enlightenment: the conviction that reason and science can enhance human flourishing. Also available UAB/CD

Price: \$45.00 Form: TC

Publisher: Penguin Publishing Group ISBN-13: 9780525427575 Pages: 576 Pub. Date: February 2018

Fascism

by **Albright, Madeleine**



FP 150,000. From one of the most admired international leaders, comes a timely, considered, and personal look at the history and current resurgence of fascism today and the virulent threat it poses to international freedom, prosperity, and peace. Based on her personal experience growing up in Hungary under Hitler and the Communist regime that followed World War II, as well as knowledge gleaned from her distinguished diplomatic career and insights from colleagues around the globe, Albright paints a clear picture of how fascism flourishes and explains why it is once again taking hold worldwide, identifying the factors contributing to its rise. Also available LP

Publisher: HarperCollins Canada, Limited *ISBN-13:* 9780062802187 *Price:* \$33.50 *Form:* TC
Pages: 256 *Pub. Date:* April 2018

Food for Life

by **Ali, Laila**



FP 100,000. In Laila’s kitchen, nutrition is King, but flavor is Queen. In her DEBUT cookbook, four-time undefeated boxing world champion, cooking personality, and passionate health advocate, Laila Ali shows readers how to make knockout meals in ways that work with their busy and demanding lives, so they can lose weight without feeling hungry or missing flavour. FOOD FOR LIFE shares more than 100 of Laila’s favourite recipes. Whether you’re new to cooking, busy feeding a family, or ready to take control of nutrition, this will be your guidebook!

Publisher: St. Martin's Press *ISBN-13:* 9781250131096 *Price:* \$38.99 *Form:* TC
Pages: 320 *Pub. Date:* January 2018

Fountain : How to Make 60 the New 30

by **Monto, Rocco**

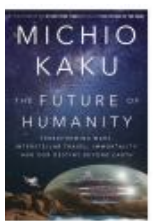


FP 75,000. A sensible, comprehensive, and scientifically based approach to aging that includes the diet, supplements, exercise, mental training, and new medications to help us all live longer, happier, healthier, and more productive lives. Written by a top national health expert and media pundit, board-certified orthopedic surgeon Rocco Monto, MD, it explains why we age so poorly now and how the latest breakthroughs in science and medicine can help change this. Through a blending of fascinating stories with new research findings, illustrations, infographics, and exclusive interviews, readers will learn how aging really works and discover practical ways to hack the system.

Publisher: Rodale Press, Incorporated *ISBN-13:* 9781635652338 *Price:* \$31.50 *Form:* TC
Pages: 272 *Pub. Date:* March 2018

Future of Humanity : Terraforming, Interstellar Travel, Immortality, a ...

by **Kaku, Michio**



FP 150,000. The #1 bestselling author of FUTURE OF THE MIND traverses the frontiers of astrophysics, artificial intelligence, and technology to offer a stunning vision of man’s future in space, from settling Mars to traveling to distant galaxies. Kaku reveals how cutting-edge developments in robotics, nanotechnology, and biotechnology may allow us to terraform and build habitable cities on Mars. He then takes us beyond the solar system to nearby stars, which may soon be reached by nanoships traveling on laser beams at near the speed of light. Finally, he brings us beyond our galaxy, and even beyond our universe, to the possibility of immortality. Also available UAB/CD & LP

Publisher: Knopf Doubleday Publishing Gro *ISBN-13:* 9780385542760 *Price:* \$38.95 *Form:* TC
Pages: 352 *Pub. Date:* February 2018

Gentle Art of Swedish Death Cleaning : How to Make Your Loved Ones' Li ...

by **Magnusson, Margareta**



FP 60,000. Funny, wise, and deeply practical, Swedish artist Margareta Magnusson offers advice on how to declutter your home and minimize your worldly possessions so your loved ones don't have to do it for you. The idea behind death cleaning is to remove unnecessary things and get your home in order as you become older. But this word also can be applied whenever you do a thorough cleaning, to make your life easier and more pleasant. It does not necessarily have to do with age or death. If you can hardly close your drawers or shut your closet doors, it is time to do something about your stuff.

Publisher: Scribner

ISBN-13: 9781501173240

Price: \$24.99

Form: TC

Pages: 128

Pub. Date: January 2018

Giada's Italy

by **De Laurentiis, Giada**



FP 300,000. With photos shot on location around her native Rome, Giada's latest book is a lavish exploration of her food roots and the lifestyle traditions that define la bella vita. Giada shares recipes for authentic Italian dishes as her family has prepared them for years while infusing them with her signature fresh flavors to make them her own, like in her Grilled Swordfish with Candied Lemon Salad; Spaghetti with Chianti and Fava Beans; Asparagus with Grilled Melon Salad; Bruschetta with Burrata and Kale Salsa Verde; and Fennel Upside Down Cake.

Publisher: Potter/TenSpeed/Harmony

ISBN-13: 9780307987228

Price: \$47.00

Form: TC

Pages: 288

Pub. Date: April 2018

Give People Money

by **Lowrey, Annie**



FP 75,000. In this sparkling and informative book, economics writer Annie Lowrey gives us the first thoroughly reported, global investigation of universal basic income (UBI), which many economists believe could end decades of income inequality and restore social stability and mobility. Lowrey travels to Korea, Kenya, Finland, and many other places to reveal the promises and challenges of UBI, and the prospects for a country like the United States. What's clear is that millions of lives will soon be upended, and doing nothing is no longer an option. GIVE PEOPLE MONEY paints a terrifying, possibly exhilarating picture of how the future could unfold.

Publisher: Crown

ISBN-13: 9781524758769

Price: \$35.00

Form: TC

Pages: 288

Pub. Date: October 2018

Great at Work : How Top Performers Work Less and Achieve More

by **Hansen, Morten**



FP 200,000. From the New York Times bestselling author of GREAT BY CHOICE comes an authoritative, practical guide to individual performance - based on analysis from an exhaustive, groundbreaking study. Why do some people perform better at work than others? This deceptively simple question continues to confound professionals in all sectors of the workforce. Now, after a unique, five-year study of more than 5,000 managers and employees, Morten Hansen reveals the answers in his "Seven Work Smarter Practices" that can be applied by anyone looking to maximize their time and performance. Also available UAB/CD

Publisher: Simon & Schuster, Incorporated

ISBN-13: 9781476765624

Price: \$39.99

Form: TC

Pages: 320

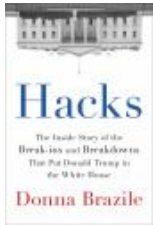
Pub. Date: January 2018

Hacks : The Inside Story of the Break-Ins and Breakdowns That Put Dona ...

by **Brazile, Donna**



9 780316 478519



FP 150,000. From Donna Brazile, former DNC chair and legendary political operative, an explosive and revealing new look at the 2016 election: the first insider account of the Russian hacking of the DNC and the missteps by the Clinton campaign and Obama administration that enabled a Trump victory. Packed with never-before-reported revelations about what went down in 2016, HACKS is equal parts campaign thriller, memoir, and roadmap for the future. With Democrats now in the wilderness after this historic defeat, Hacks argues that staying silent about what went wrong helps no one. Also available UAB/CD

Publisher: Hachette Books

ISBN-13: 9780316478519

Price: \$36.50

Form: TC

Pages: 288

Pub. Date: November 2017

Healing Self : A Revolutionary New Plan to Super Charge Your Immunity ...

by **Chopra, Deepak**



9 780451 495525



FP 100,000. Chopra and Tanzi tackle the issue of lifelong health and heightened immunity. In the face of environmental toxins, potential epidemics, super bugs, and the aging process The Healing Self offers a unique “whole system” approach that integrates mind and body into one entity. In our fast-paced and ever-changing world, the burden of healing rests on the individual making the right lifestyle choices every day. Chopra and Tanzi want to guide us to make the best decisions possible and they offer a cutting-edge, Seven-Day Action Plan which allows the reader free choice to develop a personalized path to self-healing. Also available UAB/CD

Publisher: Potter/TenSpeed/Harmony

ISBN-13: 9780451495525

Price: \$35.00

Form: TC

Pages: 304

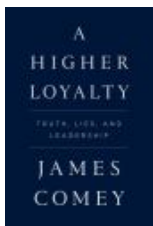
Pub. Date: January 2018

Higher Loyalty : Truth, Lies, and Leadership

by **Comey, James**



9 781250 192455



In his forthcoming book, former FBI director James Comey shares his never-before-told experiences from some of the highest-stakes situations of his career in the past two decades of American government, exploring what good, ethical leadership looks like, and how it drives sound decisions. His journey provides an unprecedented entry into the corridors of power, and a remarkable lesson in what makes an effective leader. Mr. Comey served as director of the FBI from 2013 to 2017, appointed to the post by President Barack Obama. Also available UAB/CD

Publisher: Flatiron Books

ISBN-13: 9781250192455

Price: \$46.50

Form: TC

Pages: 304

Pub. Date: May 2018

How to Get Sh*t Done : Why Women Need to Stop Doing Everything So They

by **Falconer, Erin**



9 781501 165788



FP 125,000. Erin Falconer, editor in chief and co-owner of the highly respected self-improvement site Pick the Brain (with over 1.8 million monthly page views), shows overscheduled, overwhelmed women how to do less so that they can achieve more. In the first productivity book by a woman in a decade, Erin Falconer will show you how to do less - a lot less. In fact, HOW TO GET SH*T DONE will teach you how to zero in on the three areas of your life where you want to excel, and then it will show you how to off-load, outsource, or just stop giving a damn about the rest. Packed with real-life advice, honest stories from Erin’s successful career, and dozens of actionable resources.

Publisher: Simon & Schuster

ISBN-13: 9781501165788

Price: \$35.00

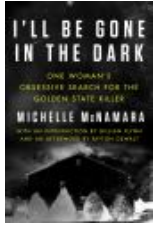
Form: TC

Pages: 256

Pub. Date: January 2018

I'll Be Gone in the Dark

by **McNamara, Michelle**



FP 100,000. A masterful true crime account of the Golden State Killer - the elusive serial rapist turned murderer who terrorized California for over a decade - from Michelle McNamara, the gifted journalist who died tragically while investigating the case. For more than ten years, a mysterious and violent predator committed 50 sexual assaults in Northern California before moving south, where he perpetrated ten sadistic murders. Then he disappeared, eluding capture by multiple police forces and some of the best detectives in the area. Framed by an introduction by Gillian Flynn and an afterword by her husband, Patton Oswalt, the book was completed by Michelle's lead researcher and a close colleague.

Price: \$34.99

Form: TC

Publisher: HarperCollins Canada, Limited

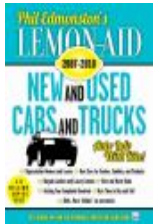
ISBN-13: 9780062319784

Pages: 352

Pub. Date: February 2018

Lemon-Aid New and Used Cars and Trucks 2007-2018

by **Edmonston, Phil**



"Dr. Phil," Canada's best-known automotive expert, and George Iny walk you through another year of car buying. The 2018 Lemon-Aid has everything: an encyclopedic lineup of the best and worst cars, trucks, and SUVs sold since 2007; secret warranties and tips on the "art of complaining" to help you get your money back; and new-car buying tips that will save you tons of money by revealing the inflated cost of fancy and frivolous add-ons. Lemon-Aid is an essential guide for careful buyers and long-time gear-heads who don't know as much as they think.

Price: \$32.99

Form: TP

Publisher: Dundurn

ISBN-13: 9781459741157

Pages: 656

Pub. Date: February 2018

Make Trouble: Standing Up, Speaking Out, And Finding The Courage To Le ...

by **Richards, Cecile**



FP 350,000. From Cecile Richards - the president of Planned Parenthood, daughter of the late Governor Ann Richards, featured speaker at the Women's March on Washington - comes a story about learning to lead and make change, based on a lifetime of fighting for women's rights and social justice. Richards shines a light on the people and lessons that have gotten her through good times and bad, and encourages readers to take risks, make mistakes, and make trouble along the way. Richards has dedicated her life to taking on injustice, and her memoir will inspire readers to hope and action. Also available UAB/CD

Price: \$35.99

Form: TC

Publisher: Touchstone

ISBN-13: 9781501187599

Pages: 288

Pub. Date: March 2018

Martha's Flowers : Growing and Arranging My Favorite Blooms

by **Stewart, Martha**



FP 50,000. Martha Stewart's lifelong love of flowers began at a young age, as she dug in and planted alongside her father in their family garden, growing healthy, beautiful blooms, every year. The indispensable lessons she learned then - and those she has since picked up from master gardeners - form the best practices she applies to her voluminous flower gardens today. For the first time, she compiles the wisdom of a lifetime spent gardening into a practical yet inspired book. Learn how and when to plant, nurture, and at the perfect time, cut from your garden. With lush blooms in hand, discover how to build stunning arrangements.

Price: \$60.00

Form: TC

Publisher: Potter/TenSpeed/Harmony

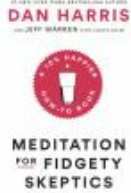
ISBN-13: 9780307954770

Pages: 288

Pub. Date: February 2018

Meditation For Fidgety Skeptics

by **Harris, Dan**



FP 75,000. Interested in meditation, but allergic to woo-woo? Dan Harris used to think that meditation was for people who drank kombucha, listened to Enya, and used the word “namaste” without irony. Then he had a full-blown panic attack on live TV and on his way to sanity, discovered meditation for himself and became a convert. His memoir about this experience, 10% HAPPIER, became a #1 bestseller and made readers curious about meditating. Dan encountered a lot of people who said they wanted to meditate, but couldn’t quiet their mind. So he set out on a cross-country trek with Jeffrey Warren, a master meditation teacher, to get to the root of the problem. Also available UAB/CD

Publisher: Random House

ISBN-13: 9780399588945

Price: \$35.00

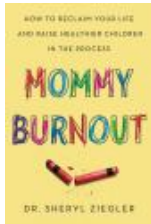
Form: TC

Pages: 336

Pub. Date: January 0002

Mommy Burnout : How Addressing Yours Will Make You a Better Mother and ...

by **Gonzalez-Ziegler, Sheryl**



FP 75,000. The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the “perfect mum,” filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause. Psychologist and family counselor Dr. Sheryl Ziegler is well-versed in the stress that moms face, and the burden of guilt they carry because they often feel like they aren’t doing enough for their kids’ happiness.

Publisher: HarperCollins Publishers

ISBN-13: 9780062683687

Price: \$33.50

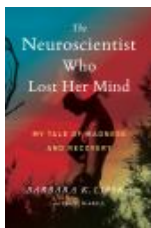
Form: TC

Pages: 384

Pub. Date: February 2018

Neuroscientist Who Lost Her Mind : My Tale of Madness and Recovery

by **Lipska, Barbara**



FP 100,000. As a deadly cancer spread inside her brain, leading neuroscientist Barbara Lipska was plunged into madness - only to miraculously survive with her memories intact. In the tradition of My Stroke of Insight and Brain on Fire, this powerful memoir recounts her ordeal and explains its unforgettable lessons about the brain and mind. Lipska describes her extraordinary ordeal and its lessons about the mind and brain. She explains how mental illness, brain injury, and age can change our behavior, personality, cognition, and memory. She tells what it is like to experience these changes firsthand. And she reveals what parts of us remain, even when so much else is gone.

Publisher: Houghton Mifflin Harcourt Trad

ISBN-13: 9781328787309

Price: \$34.00

Form: TC

Pages: 208

Pub. Date: April 2018

O's Little Guide to the Big Questions

by **Oprah Magazine Staff**



FP 35,000. The 6th and final installment in our series of small, inspirational books from the editors of O, the Oprah Magazine - this one a collection of thought-provoking stories and essays on the wisdom to be gleaned from asking (and answering) life’s biggest questions. The answers take the form of stirring pieces by great writers and celebrated thinkers, offering insight to anyone feeling lost or in need of a reset. O’s Little Guide to the Big Questions is proof that while the search for meaning can be daunting, it’s also clarifying, motivating, empowering, and the surest path to becoming the person you were meant to be. Also available UAB/CD

Publisher: Flatiron Books

ISBN-13: 9781250070128

Price: \$23.50

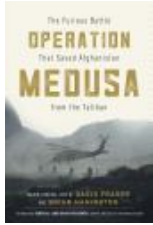
Form: TC

Pages: 192

Pub. Date: January 2018

Operation Medusa

by **Fraser, David**



FP 35,000(CDN) From the Canadian in charge of the joint military command in Kandahar Province in Afghanistan, this is the real on-the-ground story of one of NATO's bloodiest, most decisive and misunderstood operations: The battle of Panjwayi, the defining moment of "Operation Medusa." At first the facts of Operation Medusa were deliberately withheld as classified, then muddled by imprecise and isolated personal accounts, exaggerated by rumour, misstated by ambition, or just rejected outright as irrelevant, the details of these events are still unknown by citizens of Canada and her allies. And yet the truth about those 15 agonizing days between September 2 and 17 is astounding.

Publisher: McClelland & Stewart

ISBN-13: 9780771103930

Price: \$34.95

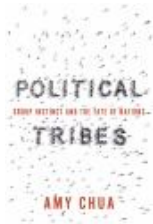
Form: TC

Pages: 272

Pub. Date: May 2018

Political Tribes : Group Instinct and the Fate of Nations

by **Chua, Amy**



FP 100,000. The bestselling author of BATTLE HYMN OF THE TIGER MOTHER, a bold new prescription for reversing our foreign policy failures and overcoming our destructive political tribalism at home. Because America tends to see the world in terms of nation-states engaged in great ideological battles - Capitalism vs. Communism, Democracy vs. Authoritarianism, the "Free World" vs. the "Axis of Evil" - we are often spectacularly blind to the power of tribal politics. Time and again this blindness has undermined American foreign policy. It is time for a more difficult unity that acknowledges the reality of group differences and fights the deep inequities that divide us. Also available UAB/CD & LP

Publisher: Penguin Publishing Group

ISBN-13: 9780399562853

Price: \$37.00

Form: TC

Pages: 304

Pub. Date: February 2018

Power of Kindness

by **Goldman, Brian**



FP 8,000(CDN) With his trademark honesty and keen powers of observation, Goldman looks at how he and his colleagues struggle in the fast-paced, high-stress world of hospital medicine to be kind to patients and families. Goldman also takes us on a journey around the globe, where he finds people whose acts of kindness toward others have something to teach us all. He visits a brain lab in Quebec City, where he makes a startling discovery about a doctor's capacity to care; a psychologist's office at Western University in Ontario, where he learns why he may not be as caring as he would like to believe. Canadian author - Toronto

Publisher: HarperCollins Publishers

ISBN-13: 9781443451062

Price: \$32.99

Form: TC

Pages: 320

Pub. Date: April 2018

Rebel - My Life Outside the Lines

by **Nolte, Nick**



FP 125,000. In a career spanning five decades, Nick Nolte has endured the rites of Hollywood celebrity. Rising from obscurity to leading roles and Oscar nominations, he has been both celebrated and vilified in the media; survived marriages, divorces, and a string of romances. A man who refuses to hide his mistakes, Nolte now delivers his most revealing performance yet. His revealing memoir, filled with 16-pages of colour photos, offers a candid, unvarnished close-up look at the man, the career, the loves, and the life. PREVIOUSLY ANNOUNCED FALL 2013. Also available LP

Publisher: HarperCollins Publishers

ISBN-13: 9780062219572

Price: \$35.99

Form: TC

Pages: 272

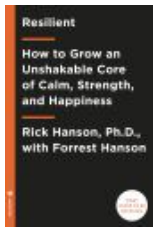
Pub. Date: January 2018

Resilient : 12 Tools for Transforming Everyday Experiences into Lastin ...

by **Hanson, Rick**



9 780451 498847



FP 60,000. A scientifically grounded program for developing the 12 inner strengths for being resilient no matter what life throws at you. Rick Hanson is known for his trademark blend of neuroscience, positive psychology, and contemplative practices. In this succinct guide to lasting happiness, Dr. Hanson has distilled 40 years of clinical work and teaching into the tools that actually work. Each of these 12 tools grows a key inner strength for resilience, allowing you to enter a positive cycle in which resilience creates a sense of well-being, which creates even more resilience, and so on. Also available UAB/CD

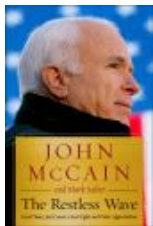
Publisher: Potter/TenSpeed/Harmony *ISBN-13:* 9780451498847 *Price:* \$35.00 *Form:* TC
Pages: 304 *Pub. Date:* March 2018

Restless Wave : Good Times, Just Causes, Great Fights, and Other Appre ...

by **McCain, John**



9 781501 178009



FP 200,000. A candid new political memoir from Senator John McCain - his most personal book in years - covering everything from 2008 up to the present. In a time when Washington, DC and the country is more polarized than it has been for decades, John McCain is the rare public figure who has earned the respect of people on both sides of the aisle. He is a model for bipartisanship and political integrity. In his forty years in politics McCain has never been afraid to buck trends or ruffle a few feathers. His words are more important today than ever. Also available UAB/CD

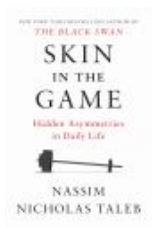
Publisher: Simon & Schuster, Incorporated *ISBN-13:* 9781501178009 *Price:* \$39.99 *Form:* TC
Pages: 288 *Pub. Date:* April 2018

Skin in the Game : The Underlying Matrix of Daily Life

by **Taleb, Nassim Nicholas**



9 780425 284629



FP 80,000. A bold new work that challenges many of our long-held beliefs about risk, reward, politics, religion, and finance from the New York Times bestselling author of BLACK SWAN and one of the foremost thinkers of our time, Nassim Nicholas Taleb. The phrase “skin in the game” is one we have often heard but have rarely stopped to truly dissect. It is the backbone of risk management, but it’s also an astonishingly complex worldview that, as Taleb shows in this book, applies to literally all aspects of our lives. In his inimitable style, Taleb pulls on everything to create a jaw-dropping tapestry for understanding our world in a brand new way.

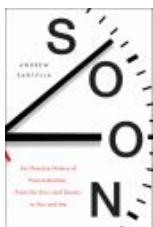
Publisher: Random House Publishing Group *ISBN-13:* 9780425284629 *Price:* \$40.00 *Form:* TC
Pages: 352 *Pub. Date:* February 2018

Soon : What Science, Philosophy, Religion and History Teach Us about t ...

by **Santella, Andrew**



9 780062 491589



FP 75,000. An entertaining, fact-filled defence of the nearly universal tendency to procrastinate, drawing on the stories of history’s greatest delayers, and on the work of psychologists, philosophers, and behavioural economists to explain why we put off what we’re supposed to be doing and why we shouldn’t feel so bad about it. Drawing on an eclectic mix of historical case studies in procrastination - from Leonardo da Vinci to Frank Lloyd Wright, and from Old Testament prophets to Civil War generals - Santella offers a sympathetic take on habitual postponement. He questions our devotion to “the cult of efficiency” and suggests that delay and deferral can help us understand what truly matters to us.

Publisher: HarperCollins Publishers *ISBN-13:* 9780062491589 *Price:* \$31.99 *Form:* TC
Pages: 256 *Pub. Date:* March 2018

Taste of Prince Edward County : A Guide to the People, Places and Food ...

by **Johns, Chris**

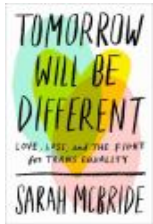


FP 10,000(CDN) Prince Edward County’s reputation as a picturesque region of award-winning wineries, quaint and eclectic hotels, rustic restaurants and fine dining establishments makes it the perfect getaway destination. Within driving distance of Toronto, Ottawa, and Montreal, the county is an ideal place both for city slickers to escape and unwind, and for locals to relish and preserve the region’s history and farmlands. This comprehensive, elegant guide covers hotels, restaurants, wineries, local attractions, and much more, along with itinerary suggestions showcasing the best of what Prince Edward County has to offer. Canadian author - Ontario

Publisher: Appetite by Random House *ISBN-13:* 9780147530684 *Price:* \$29.95 *Form:* TP
Pages: 264 *Pub. Date:* May 2018

Tomorrow Will Be Different : Love, Loss, and the Fight for Trans Equal ...

by **McBride, Sarah**

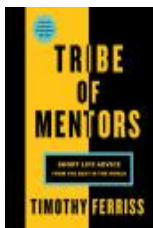


FP 40,000. A timely and compelling memoir about gender identity set against the backdrop of the transgender equality movement, written by the national press secretary for the Human Rights Campaign. With emotional depth and unparalleled detail, Sarah McBride shares her lifelong struggle with gender identity, coming out to her parents - who despite being supportive, progressive thinkers had a devastating initial reaction - and eventually finding her way as a woman and LGBTQ activist. She also details falling in love for the first time with her husband, Andy, a trans man and activist, who passed away from cancer in 2014.

Publisher: Crown/Archetype *ISBN-13:* 9781524761479 *Price:* \$35.00 *Form:* TC
Pages: 288 *Pub. Date:* March 2018

Tribe Of Mentors

by **Ferriss, Timothy**



FP 400,000. Tim Ferriss offers celebrity advice in latest self-help book. When facing life’s questions, who do you turn to for advice? We all need mentors, particularly when the odds seem stacked against us. To find his own, bestselling author Tim Ferriss tracked down more than 100 eclectic experts to help him, and you, navigate life. Through short, action-packed profiles, he shares their secrets for success, happiness, meaning, and more. No matter the challenge or opportunity, something in these pages can help. Timothy Ferriss is the bestselling author of TOOLS OF TITANS. EMAIL SENT SEPT 12

Publisher: Houghton Mifflin Harcourt *ISBN-13:* 9781328994967 *Price:* \$35.00 *Form:* TC
Pages: 608 *Pub. Date:* January 0002

Trump Factor : How He's Making Things Worse for Most of Us

by **Johnston, David Cay**



FP 125,000. Winner of the Pulitzer Prize, and author of the New York Times bestseller MAKING OF DONALD TRUMP, David Cay Johnston examines the first 100 days of Donald Trump’s presidency, including a close look at what the mainstream press stopped covering years ago: the workings of the federal government agencies and how that touches the lives of all Americans. He also provides unique insight about how our lives are affected by many actions that the new administration quietly approves without drawing the attention of the Washington press corps.

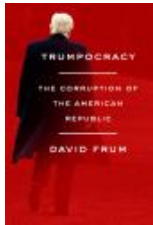
Publisher: Simon & Schuster, Incorporated *ISBN-13:* 9781501174162 *Price:* \$37.00 *Form:* TC
Pages: 320 *Pub. Date:* January 2018

Trumpocracy

by **Frum, David**



9 780062 796738



FP 75,000. Bestselling author, former White House speechwriter, and Atlantic columnist and media commentator David Frum explains why President Trump has undermined our most important institutions in ways even the most critical media has missed in this thoughtful and hard-hitting book that is a warning for democracy and America’s future. Frum makes clear that the hard work of recovery starts at home. TRUMPOCRACY outlines how Trump could push America towards illiberalism, what the consequences could be for our nation and our everyday lives, and what we can do to prevent it. Canadian author - Ontario

Price: \$31.99 Form: TC

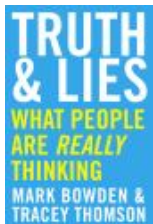
Publisher: HarperCollins Canada, Limited ISBN-13: 9780062796738 Pages: 320 Pub. Date: January 2018

Truth and Lies : The Power to Know What People Are Really Thinking, No ...

by **Bowden, Mark**



9 781443 452090



FP 10,000(CDN) Whether you’re at a job interview or a cocktail party, searching LinkedIn or swiping right on a dating site, you want (no - need) to understand what people are really thinking, regardless of what they’re saying. Understanding what others are trying to tell you with their posture, hand gestures, eye contact (or lack thereof) or incessant fiddling with their iPhone might all be even more important than what you’re projecting yourself. Bestselling authors Mark Bowden and Tracey Thomson illustrate the essential points of body language with examples from everyday life, leavened with humour and insights that you can use to your advantage in virtually any situation. Canadian authors - Toronto

Price: \$21.99 Form: TP

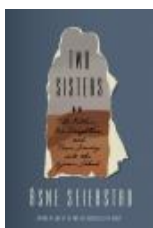
Publisher: HarperCollins Publishers Limit ISBN-13: 9781443452090 Pages: 320 Pub. Date: February 2018

Two Sisters : Into the Syrian Jihad

by **Seierstad, Åsne**



9 780374 279677



FP 50,000. TWO SISTERS, by the international bestselling author Åsne Seierstad, tells the unforgettable story of a family divided by faith. Sadiq and Sara, Somali immigrants raising a family in Norway, one day discover that their teenage daughters Leila and Ayan have vanished - and are en route to Syria to aid the Islamic State. Seierstad’s riveting account traces the sisters’ journey from secular, social democratic Norway to the front lines of the war in Syria, and follows Sadiq’s harrowing attempt to find them. Seierstad puts the problem of radicalization into painfully human terms.

Price: \$35.00 Form: TC

Publisher: Farrar, Straus & Giroux ISBN-13: 9780374279677 Pages: 432 Pub. Date: April 2018

Walk It Off : The True (and Oddly Hilarious) Story of How I Learned to ...

by **Marshall, Ruth**



9 781501 173622



FP 10,000(CDN) FURIOUSLY HAPPY meets Elaine Lui in this truly original - and surprisingly hilarious - memoir about one woman’s journey to learn how to walk after a debilitating diagnosis turned her life upside down. Ruth Marshall was in great health, until one day, her feet started to tingle. As the feeling travelled up her legs, Ruth visited doctors and specialists for tests, but no one could figure out the cause of her symptoms. But when Ruth suddenly couldn’t feel her legs at all, she knew something was terribly wrong. Her fears were confirmed by an MRI revealing a rare tumour - a meningioma (fun to say, not so much to have) - that had been quietly growing on her spine for over a decade. Canadian author - Toronto

Price: \$29.99 Form: TC

Publisher: Simon & Schuster, Incorporated ISBN-13: 9781501173622 Pages: 272 Pub. Date: January 2018

What Are We Doing Here?

by **Robinson, Marilynne**



FP 5,000(CDN) New essays on theological, political, and contemporary themes, by the Pulitzer Prize winner. Marilynne Robinson trains her incisive mind on our modern political climate and the mysteries of faith. Whether she is investigating how the work of great thinkers about America like Emerson and Tocqueville inform our political consciousness or discussing the way that beauty informs and disciplines daily life, Robinson's peerless prose and boundless humanity are on full display.

Publisher: McClelland & Stewart

ISBN-13: 97807711073458

Price: \$32.95

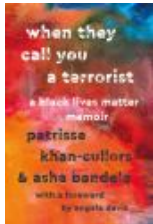
Form: TC

Pages: 336

Pub. Date: February 2018

When They Call You a Terrorist

by **Kahn-Cullors, Patrisse**



FP 250,000. From one of the co-founders of the Black Lives Matter movement comes a poetic memoir and reflection on humanity. Necessary and timely, Patrisse Cullors' story asks us to remember that protest in the interest of the most vulnerable comes from love. Leaders of the movement have been called terrorists, a threat to America. But in truth, they are loving women whose life experiences have led them to seek justice for those victimized by the powerful. In this meaningful, empowering account of survival, strength, and resilience, Patrisse Cullors and asha bandele seek to change the culture that declares innocent black life expendable. Also available UAB/CD

Publisher: St. Martin's Press

ISBN-13: 9781250171085

Price: \$32.50

Form: TC

Pages: 272

Pub. Date: January 2018

When: the Scientific Secrets of Perfect Timing

by **Pink, Daniel H.**



FP 100,000. Everyone knows that timing is everything. But we don't know much about timing itself. Pink distills cutting-edge research and data on timing and synthesizes them into a fascinating, readable narrative packed with irresistible stories and practical takeaways that give readers compelling insights into how we can live richer, more engaged lives. Pink reveals how best to live, work, and succeed. How can we use the hidden patterns of the day to build the ideal schedule? Why do certain breaks dramatically improve student test scores? How can we turn a stumbling beginning into a fresh start? Also available UAB/CD & LP

Publisher: Penguin Publishing Group

ISBN-13: 9780735210622

Price: \$37.00

Form: TC

Pages: 272

Pub. Date: January 2018

Winter

by **Knausgaard, Karl Ove**



FP 4,000(CDN) Seasons Quartet #2, following AUTUMN. WINTER is one of the most profoundly moving and beautiful of Karl Ove Knausgaard's beloved works. Comprising 60 short, surprising, and incredibly rich meditations on everything from the moon to fireworks to aquatic apes, Winter finds Karl Ove waxing philosophically and meaningfully on the big things that hide behind smaller things: the sublimity of bonfires, the strange mechanics of the inner ear, the evolution of our solar system, and the fearsome beauty of the Norse myths.

Publisher: Knopf Canada

ISBN-13: 9780345811066

Price: \$36.00

Form: TC

Pages: 272

Pub. Date: January 2018

