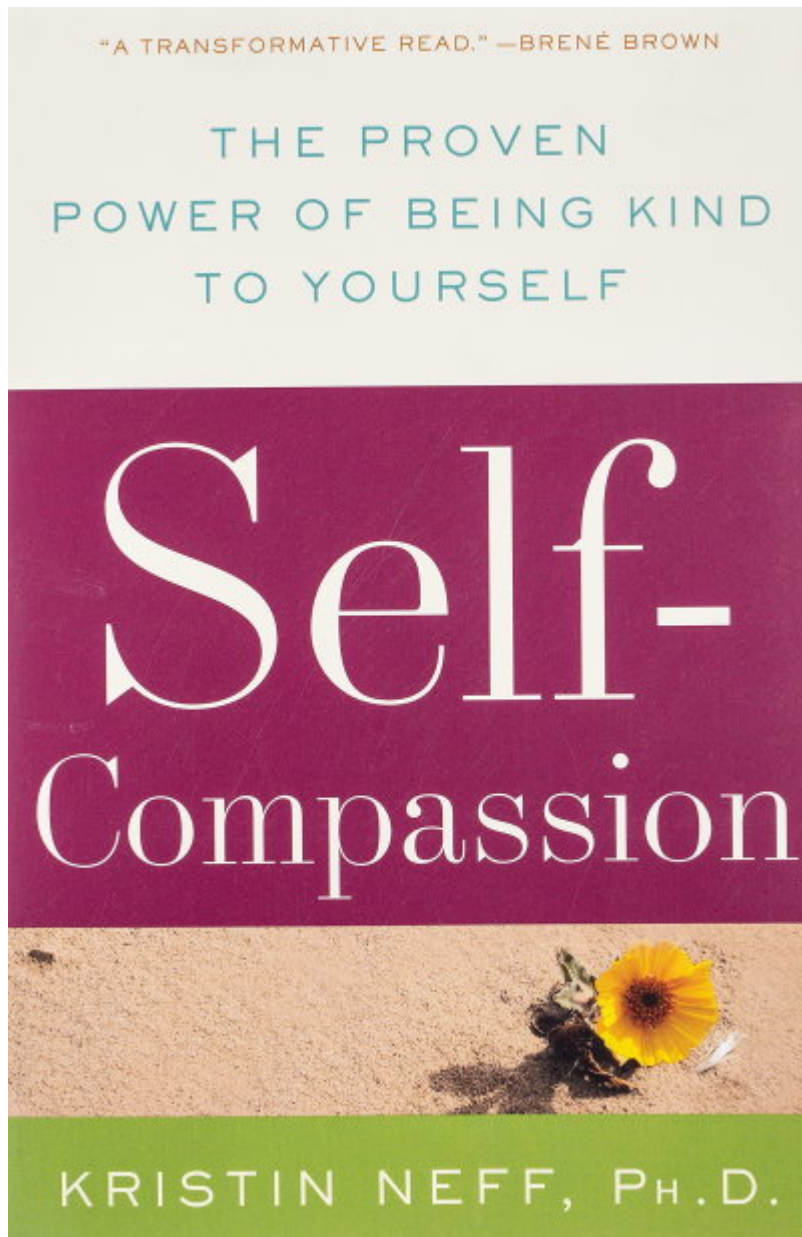


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"AN ORIGINAL AND DOABLE BLUEPRINT FOR IMPROVING THE QUALITY OF YOUR LIFE." —MIHALY CSIKSZENTMIHALYI, AUTHOR OF *FLOW* AND *CREATIVITY*

The relentless pursuit of high self-esteem has become a virtual religion. Our ultracompetitive culture tells us we need to be constantly *above average* to feel good about ourselves, but there is always someone more attractive, successful, or intelligent than we are. And even when we *do* manage to grab hold of high self-esteem for a brief moment, we can't seem to keep it. Our sense of self-worth goes up and down like a Ping-Pong ball, rising and falling in lockstep with our latest success or failure.



Fortunately, there is an alternative to self-esteem that many experts believe is a better and more effective path to happiness: self-compassion. The research of Dr. Kristin Neff and other leading psychologists indicates that people who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves. This book powerfully demonstrates why it's so important to be self-compassionate and give yourself the same caring support you'd give to a good friend.

Using solid empirical research, personal stories, practical exercises, and humor, Dr. Neff—the world's foremost expert on self-compassion—explains how to heal destructive emotional patterns so that you can be healthier, happier, and more effective.

KRISTIN NEFF, PH.D., is an associate professor in human development at the University of Texas at Austin. A pioneer who first established self-compassion as a field of study almost a decade ago, Dr. Neff gives lectures on self-compassion internationally and conducts workshops for those who want to learn more about developing self-compassion.

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Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body.

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TONI WESCHLER, MPH, has a master's degree in public health and is a nationally respected women's health educator and speaker. She is also the author of *Cycle Savvy*, a book for teenage girls about their bodies. A frequent guest on television and radio shows, she lives in Seattle, Washington. www.tcoyl.com

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The Truth About Depression and How Women
Can Heal Their Bodies to Reclaim Their Lives

A Mind of Your Own



KELLY BROGAN, MD
with Kristin Loberg

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Depression is not a disease. It is a symptom.

Recent years have seen a shocking increase in antidepressant use the world over, with one in four women starting their day with medication. But the truth is, what women really need can't be found at a pharmacy.

In this groundbreaking, science-based, and holistic approach, Dr Brogan shatters the mythology conventional medicine has built around the causes and treatment of depression. Based on her expert interpretation of published medical findings as well as years of experience from her clinical practice, Dr Brogan illuminates the true cause of depression: it is not simply a chemical imbalance, but a lifestyle crisis that demands a reset. It is a signal that the interconnected systems in the body are out of balance – from blood sugar to gut health to thyroid function – and inflammation is at the root.

A Mind of Your Own offers an achievable, step-by-step, thirty-day action plan – including powerful dietary interventions, targeted nutrient support, detoxification, sleep, and stress-reframing techniques – that women can use to heal their bodies, alleviate inflammation, and feel like themselves again without a single prescription.

KELLY BROGAN, MD, studied cognitive neuroscience at the Massachusetts Institute of Technology (MIT) before receiving her MD from Weill Cornell Medical College. She is uniquely qualified in psychiatry, psychosomatic medicine and integrative holistic medicine.



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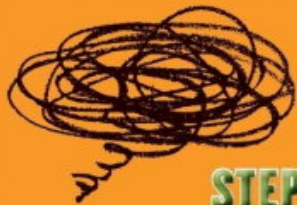
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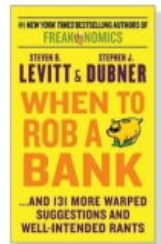
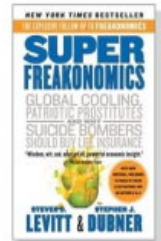
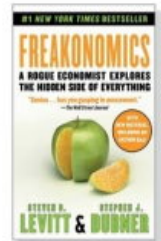
Think Like a Freak is Steven D. Levitt and Stephen J. Dubner's most revolutionary book yet. With their trademark blend of captivating storytelling and unconventional analysis, they take us inside their thought process and teach us all to think a bit more productively, more creatively, more rationally—to think, that is, like a Freak.

Levitt and Dubner offer a blueprint for an entirely new way to solve problems, whether your interest lies in minor lifehacks or major global reforms. As always, no topic is off-limits. They range from business to philanthropy to sports to politics, all with the goal of retraining your brain. Along the way, you'll learn the secrets of a Japanese hot-dog-eating champion, the reason an Australian doctor swallowed a batch of dangerous bacteria, and why Nigerian e-mail scammers make a point of saying they're from Nigeria.

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STEVEN D. LEVITT, a professor of economics at the University of Chicago, was awarded the John Bates Clark medal, given to the most influential American economist under the age of forty. He is also a founder of TGG Group, which applies Freakonomics-style thinking to business and philanthropy.

STEPHEN J. DUBNER is an award-winning author, journalist, and radio and TV personality. He quit his first career—as an almost rock star—to become a writer. He has since taught English at Columbia, worked for *The New York Times*, and published three non-Freakonomics books.



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"Is there someone in your life who's hurting you and you just don't know it? This illuminating book reveals how to identify and repair your relationships to live with more fulfillment."

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Rethinking Narcissism



The Secret to Recognizing
and Coping with Narcissists

DR. CRAIG MALKIN

Clinical Psychologist and Lecturer,
Harvard Medical School

"Dr. Craig Malkin offers a surprising, accessible analysis of narcissism."

—GRETCHEN RUBIN, author of *Better Than Before* and *The Happiness Project*

When most of us hear the word narcissism or narcissist, we envision vain, preening braggarts who can't stop talking about themselves. But most of the time, we've got it wrong; many narcissists aren't driven by looks, fame, or money—some may even be shy or soft-spoken. The startling truth is we've been distracted by an empty stereotype that blinds us to far more reliable signs of danger—and an entire generation is suffering because of it.

In *Rethinking Narcissism* Harvard Medical School psychologist Craig Malkin addresses the "narcissism epidemic" by illuminating the spectrum of narcissism, identifying ways to control the trait, and explaining how too little of it may be a bad thing. Readers will learn that there's far more to narcissism than its reductive invective would imply. The reality is that we all fall somewhere between utter selflessness and grandiosity. Moderation—a healthy degree of narcissism—is essential for a strong sense of self. Malkin deconstructs our misconceptions of narcissism and offers clear, step-by-step guidance on how to protect ourselves and how to promote healthy narcissism in our partners, our children, and ourselves.

"Enthralling. . . . It will become a classic."

—DR. SUE JOHNSON, author of *Love Sense: The Revolutionary New Science of Romantic Relationships*



DR. CRAIG MALKIN is an author, clinical psychologist, and lecturer for Harvard Medical School with two decades of experience helping individuals, couples, and families. His articles, advice, and insights on relationships have appeared in newspapers and magazines such as *Time*, the *New York Times*, *The Sunday Times* (London), *Psychology Today*, and *Women's Health*, as well as countless other magazines and websites. He's also been featured multiple times on NPR, CBS Radio, and the Oprah Winfrey Network channel; appeared on various local morning shows; and been a guest on more than sixty radio stations here and abroad. Dr. Malkin is president and director of the Cambridge, Massachusetts-based YM Psychotherapy and Consultation, Inc., which provides psychotherapy and evidence-based couples workshops. He lives in Boston with his wife and twin girls.

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DR. JOSH AXE

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Why **Leaky Gut** May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It

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—David Perlmutter MD, author of the #1 *New York Times* Bestseller *Grain Brain*

"A proven way to address the root cause of all disease."
—Mark Hyman, MD, author of *The Blood Sugar Solution*

Most Americans live a "germ-free" lifestyle, sanitizing and scrubbing every surface, eating processed and pasteurized food, and slathering on antibacterial gels. But while our homes and hands may be clean, our health is taking a hit. Starved of actual nutrition and overtaxed by chemicals, stress, and excessive antimicrobial use, we are developing microscopic tears in our intestinal walls.

These tears can lead to a condition known as "leaky gut syndrome," a deterioration of the gut wall that results in widespread inflammation and weakened immunity. In his bestselling book *Eat Dirt*, functional medicine practitioner Dr. Josh Axe explains the hidden causes and widespread effects of leaky gut syndrome, and offers a program to heal the gut and restore health in five easy steps.

Dr. Axe offers diagnostic quizzes to help readers assess their gut type, then provides simple regimes designed to heal the gut and eliminate digestive and autoimmune problems. From reducing antibiotic use to eating seasonally, spending more time outdoors, managing stress, and incorporating probiotic-rich foods into your diet, Dr. Axe's program can help anyone restore gut health and feel their best.



Dr. Josh Axe is a doctor of natural medicine and a clinical nutritionist with a passion to help people get healthy by using food as medicine. He founded one of the largest functional medicine clinics in the United States and runs the popular health website draxe.com, where you can find recipes, natural remedies, videos, nutrition advice, and fitness tips.



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The Grief Recovery Handbook

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Moving Beyond Death, Divorce,
and Other Losses,*

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Addresses Trauma & PTSD

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New material in this edition includes guidance for dealing with:

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- Loss of career and financial issues
- Loss of health
- Growing up in an alcoholic or dysfunctional home



John W. James and Russell Friedman have been working with grievers for more than thirty years. They have served as consultants to thousands of bereavement professionals and provide Grief Recovery Method® Seminars and Certification Programs throughout the United States and Canada. They are the founders of the Grief Recovery Institute®.

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DRAWN TO THE MIDDLE

Utilizing the Middle Way to Create
Greater Harmony & Unity in America

MARK LYNN

America is more divided now than it's been in nearly 150 years. We have political polarities, philosophical differences, governmental dysfunctions, corrupt media, and out-of-control, egotistical behaviors to blame. If we cannot put a lid on this mania, America will lose its status as the world leader as it slowly implodes.

Drawn to the Middle offers a resolution for the majority of our problems by illustrating how the Middle Way and spirituality can create more harmony and unity in America. It draws its conclusions from the CENTER of all thought, which is where the majority of us reside. The Middle Way is the only way to fully repair America but there are so many factions obstructing its path.

By encompassing many of our psychological, sociological, philosophical, political, and spiritual elements, this book is a voice for the people. Topics include:

Origins of Our Problems: Provides an in-depth look at the root causes of our personal and societal ills and illustrates how they stem more from the way we are than our authorities' influence over us.

Societal Ills: Our societal directives, political dysfunctions, and media are turned inside out to reveal the truth about our societal ills and discovers solutions.

A Great Awakening: Offers a road map to aid us in understanding ourselves and others better while outlining a clear path toward greater harmony and unity.

Thought-provoking, insightful, and comprehensive, *Drawn to the Middle* is the book we all need during these tumultuous times. It will help to bring us all back to the MIDDLE, where our sanity, peace of mind, and purpose can be restored.

Mark Lynn is an author, lecturer, and life coach. He maintains a rigorous writing schedule from homes in Florida and Hawaii. New levels of enlightenment have given him the tools and inspiration to write numerous books.

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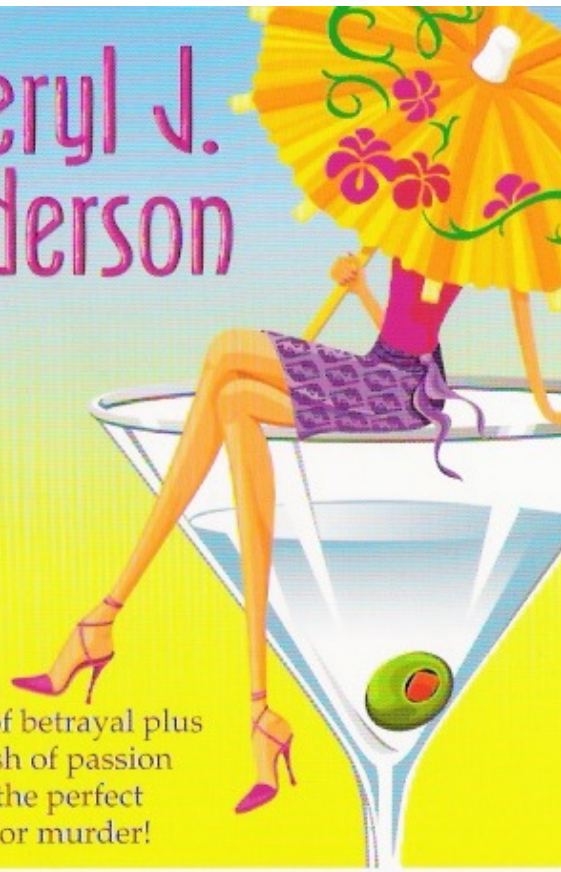
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It isn't long before suspicion is cast on Tricia's brother. Was this a case of jealousy or something much deeper? Now Molly must follow a trail of sex, lies, and streaming video back to Manhattan, but her sleuthing efforts are complicated when her ex-boyfriend, NYPD homicide detective Kyle Edwards, interferes with the case—and with Molly's heart...

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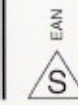
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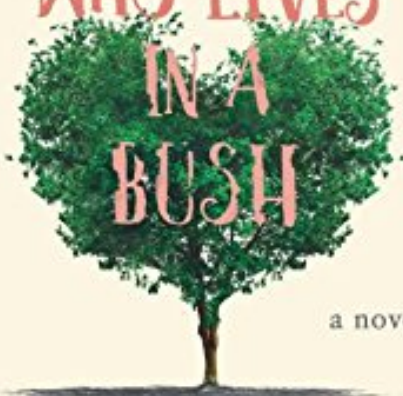


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HOW TO FALL IN LOVE WITH A MAN WHO LIVES IN A BUSH



a novel

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This is a total pick-me-up of a novel. Adored it."

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Vienna: famous for Mozart, waltzes, and pastry; less famous for Julia, a Swedish transplant who spends her days teaching English to unemployed Austrians and her evenings either watching Netflix with her cat or club-hopping with a frenemy. As an aspiring novelist, Julia's full of ideas for future bestsellers: A writer moves his family to a deserted hotel in the dead of winter and spirals into madness! A homely governess loves a brooding man whose crazy wife is locked up in the attic! Fine, those books have been written. That doesn't mean Julia won't think of something original.

Then something original finds Julia—sits down next to her on a bench, as a matter of fact. Ben is handsome (under all that beard) and adventurous (leaps from small bridges in a single bound). He's also sexy as hell and planning to shuffle off to Berlin before things can get too serious. Oh, and Ben lives in a public park under a bush.

Thus begins a reality stranger than any fiction Julia might have imagined: a whirlwind relationship with a guy who shares her warped sense of humor and shakes up the just-okay existence she's been too lazy to change. As weeks turn to months, Julia keeps telling herself that this is a chapter in her life, not the whole book. If she writes the ending, she can't get hurt.

But what if the ending isn't hers to write?



emmy abrahamson debuted with the young adult novel *My Dad's Kind and My Mum Is a Foreigner* (*Min pappa är snäll och min mamma är utlänning*). She has written three other YA books, and was nominated for the August Prize for *The Only Way Is Up* (*Only väg is upp*). *How to Fall in Love with a Man Who Lives in a Bush* is her first adult novel.

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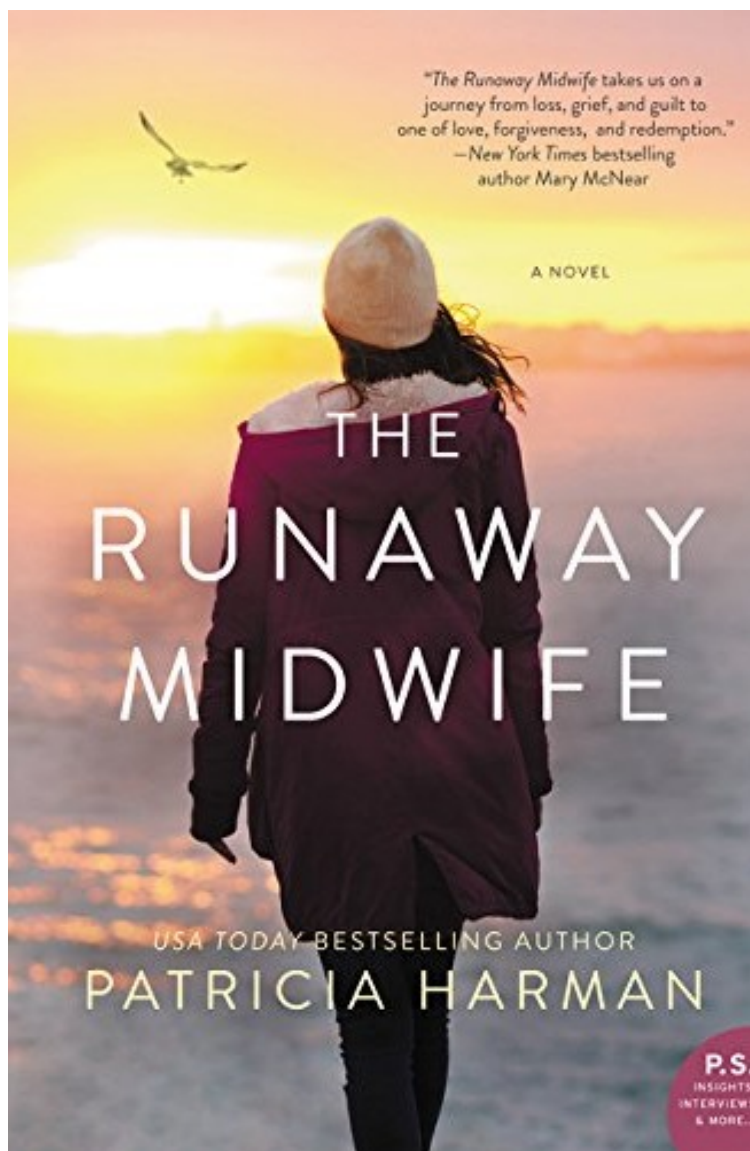
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"The Runaway Midwife takes us on a journey from loss, grief, and guilt to one of love, forgiveness, and redemption."
 —New York Times bestselling author Mary McNear

A NOVEL

THE RUNAWAY MIDWIFE

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MIDWIFE CLARA PERRY is accustomed to comforting her pregnant patients, calming fathers-to-be as they anxiously await the births of their children, and ensuring the babies she delivers come safely into the world.

But when Clara's life takes a nose-dive, she realizes she hasn't been tending to her own needs and she does something drastic: she runs away to start over again in a place where no one knows her, or about the mess she's left behind in West Virginia. Heading to tiny, remote Seagull Island in Canada, Clara is ready for anything. Well, almost. She left her passport back home, and the only way she can enter Canada is by hitching a ride on a snowmobile and illegally crossing the border.

Deciding to reinvent herself, Clara takes a new identity—Sara Livingston, a writer seeking solitude. But there's no avoiding the outside world. The residents are friendly, and they draw "Sara" into their lives and confidences. She volunteers at the local medical clinic, using her midwifery skills, and forms a tentative relationship with a local police officer.

But what will happen if she lets down her guard and reveals the real reason why she left her old life? One lesson soon becomes clear: no matter how far you run, you can never truly hide from your past.

"... (A) fast-paced, engrossing tale of a woman on the run from a bad marriage and an estranged daughter ..."

—Roberta Rich, author of
The Midwife of Venice



PATRICIA HARMAN, CNM, got her start as a lay midwife on rural communes and went on to become a nurse-midwife on the faculties of Ohio State University, Case Western Reserve University, and West Virginia University. She lives near Morgantown, West Virginia, has three sons, and is the author of two acclaimed memoirs. Her first novel, *The Midwife of Hope River*, was successful around the world.

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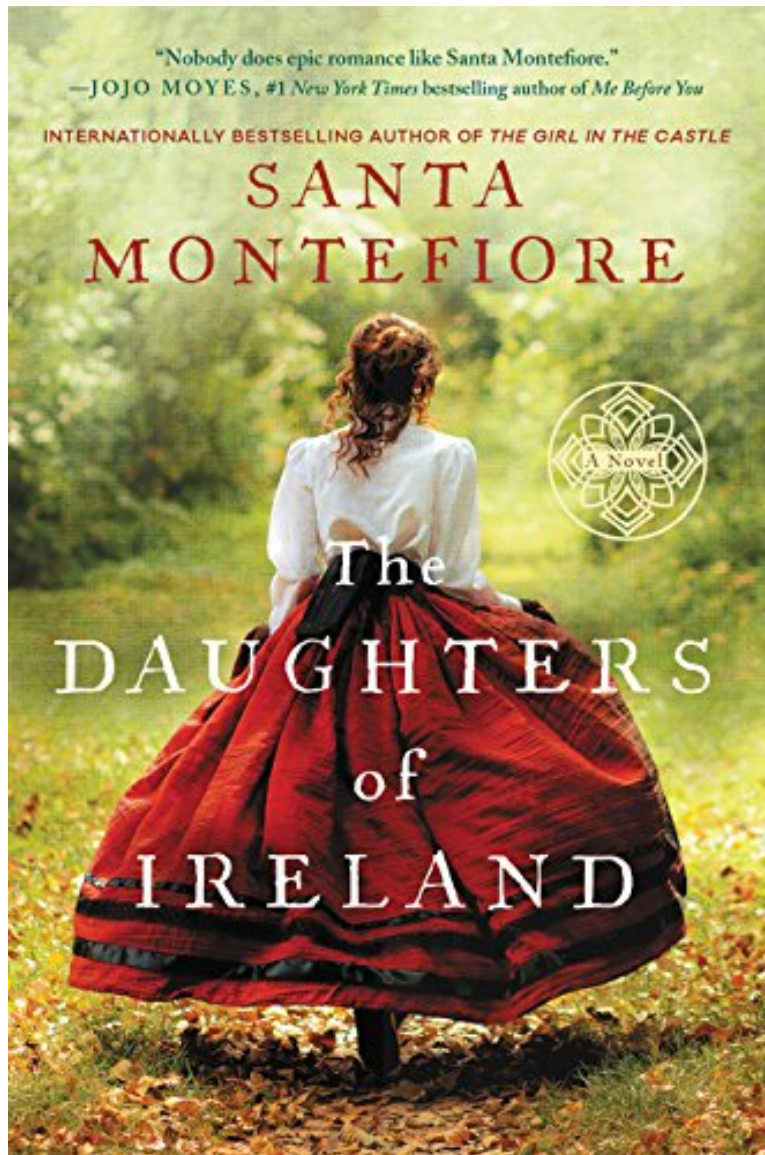
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SANTA MONTEFIORE



The DAUGHTERS of IRELAND

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PERCHED ATOP THE EMERALD HILLS OF WEST CORK, IRELAND, Castle Deverill has been home to countless generations of the Deverill family. But when the castle fell prey to a devastating attack, its survival was at stake—until Celia Mayberry and her husband bought the estate and restored it to its former glory.

For Celia, the castle holds many fond childhood memories of when she ran through its halls with her cousin Kitty Deverill and their friend Bridie Doyle.

Kitty is wistful for the days when she was the mistress of Castle Deverill. And although content in her new life with her husband and adopted son, her heart still yearns for the man she left behind.

Bridie, now the toast of New York City, has come a long way. But all her money cannot ease the pain of surrendering her baby. When she finds love, she is tempted to return to her beloved homeland—even if it means facing the woman against whom she has sworn revenge.

As their destinies collide, these daughters of Ireland must find the inner strength to build a new future.



SANTA MONTEFIORE has written seventeen bestselling novels, which have been translated into thirty different languages and have sold more than two million copies worldwide. She lives with her husband, the historian and broadcaster Simon Sebag-Montefiore, and their two children in London.

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ISBN-10: 0-451-40376-2 (CANADA \$15.00 • U.S. \$4.99)

RECIPE FOR MURDER

Chief of Police Arly Hanks can't even look at a postcard of Manhattan's skyline—which reminds her of a broken line graph—without feeling dizzy and nauseated. So the last place on earth she wants to be is back in the City of Bright Lights, with its towering skyscrapers, memories of her nasty divorce, and a most inconvenient murder. But when Ruby Bee wins an all-expense-paid trip to New York as a finalist in the KoKo-Nut Cooking Contest and is arrested for attempted murder, it looks like Arly to the rescue. Checking into the Chadwick Hotel, Arly finds herself sharing recipes with the good-looking, single Durmond Pilverman, whose talents go way beyond his skill at baking a KoKo-Nut Kream Pie. And when a dead body turns up in the hotel dumpster, Arly begins to suspect that too many chefs are spoiling the broth in this national cook-off. And the .38 she finds hidden in Durmond's dresser has her wondering if she's been sleeping with the enemy....

"Terrific...you'll laugh until your sides ache.
Joan Hess should be declared
a national treasure!"
—Carolyn Hart, author of *Southern Ghosts*

"Hess moves between plots like the pro
she is."—*Booklist*

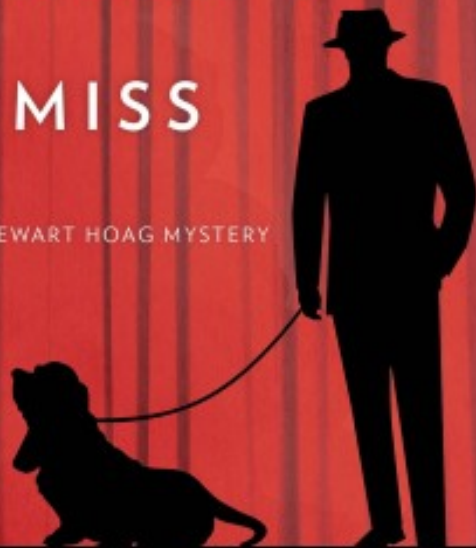


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"One of my all-time favorite series." —Harlan Coben

THE MAN WHO COULDN'T MISS

A STEWART HOAG MYSTERY



DAVID HANDLER

Author of *The Girl with Kaleidoscope Eyes*

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In the newest novel in David Handler's Edgar Award-winning series, Stewart "Hoagy" Hoag and his beloved basset hound, Lulu, investigate a murder in a fabled Connecticut summer playhouse

HOLLYWOOD GHOSTWRITER STEWART "HOAGY" HOAG HAS CHRONICLED THE rise, fall, and triumphant return of many a celebrity. At last he's enjoying his own, very welcome, second act. After hitting a creative slump following the success of his debut novel, Hoagy has found inspiration again. Ensnared with his faithful but cowardly basset hound, Lulu, on a Connecticut farm belonging to his ex-wife, Oscar-winning actress Merilee Nash, he's busy working on a new novel. He's even holding out hope that he and Merilee might get together again. Life is simple and fulfilling—which of course means it's time for complications to set in. . . .

When the police call to ask if he knows the whereabouts of a man named R. J. Romero, Hoagy learns of a dark secret from his ex-wife's past. It's already a stressful time for Merilee, who's directing a gala benefit production of *Private Lives* to rescue the famed but dilapidated Sherbourne Playhouse, where the likes of Katharine Hepburn, Marlon Brando, and Merilee herself made their professional stage debuts. Her reputation, as well as the playhouse's future, is at stake. The cast features three of Merilee's equally famous Oscar-winning classmates from the Yale School of Drama. But it turns out that there's more linking them to each other—and to their fellow Yale alum, R.J.—than their alma mater. When one of the cast is found murdered, it will take Hoagy's sleuthing skills and Lulu's infallible nose to sniff out the truth . . . before someone else faces the final curtain call.



DAVID HANDLER has written nine novels about dapper celebrity ghostwriter Stewart Hoag, including the Edgar and American Mystery Award-winning *The Man Who Would Be F. Scott Fitzgerald*, as well as eleven novels in the bestselling *Berger & Mitty* series. He lives in a 230-year-old carriage house in Old Lyme, Connecticut.

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*THE GIRL WITH
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HE HAS THE GENTLE SOUL OF A POET . . .

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THE THOUGHTFUL HEART OF A ROMANTIC . . .

She'd vowed never to trust a man again. Now Regan finds herself swept away by a sweet, caring lover who seems too good to be true. What she doesn't know is that she's captivated someone other than the new man in her life. Someone who keeps himself carefully concealed in the last place anyone would ever think to look . . .

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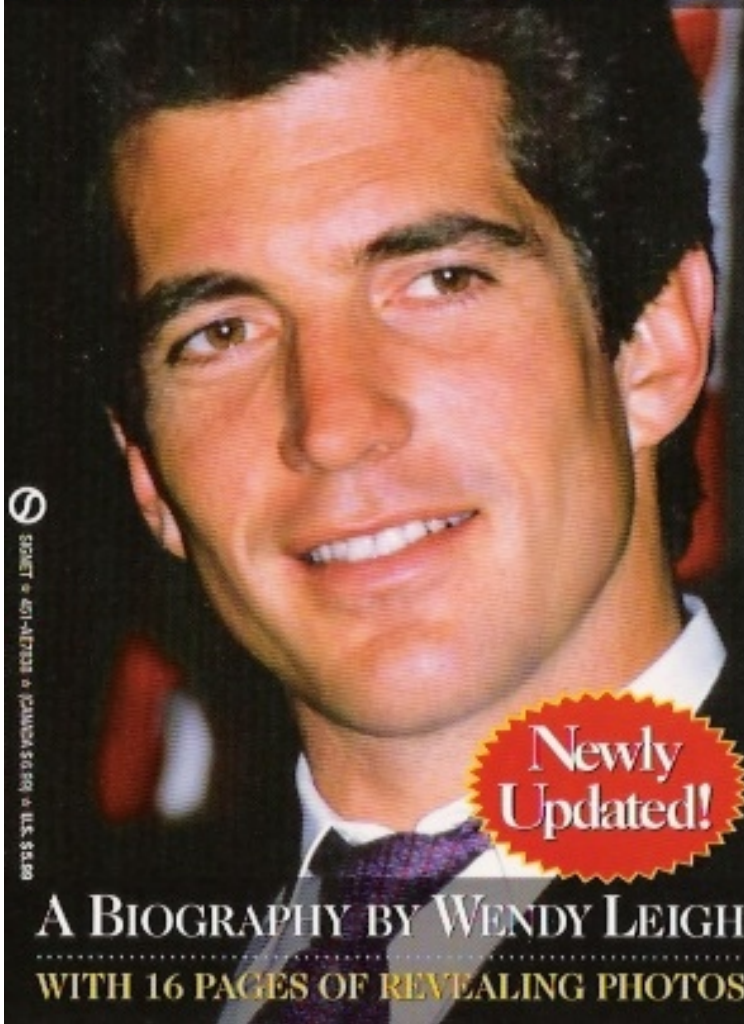
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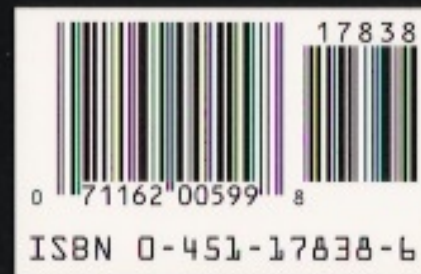
CAMELOT... THE NEXT GENERATION

He was born the most famous baby in the world, son of the President-elect of the United States. Hundreds of millions saw him as the heartbreaking little boy at his father's funeral. Twenty-five years later, millions more saw him as a different kind of heart-breaker on the cover of the *People* magazine that named him "The Sexiest Man Alive." Here for the first time is the full, unexpurgated story of John F. Kennedy, Jr.

This fascinating unauthorized biography reveals as no other the inner dynamics of the marriage between John and Jacqueline Kennedy. It examines the roles that Robert and Ted Kennedy played in trying to be father figures to John, Jr., as well as his life with stepfather Aristotle Onassis. It reveals young John's dreams of becoming an actor before familial pressures made him choose law as a career. And it intimately details his relationships with a string of the most stunning and sexy women in America—including Madonna and Daryl Hannah—a list that indicates he is his father's son in more ways than one.

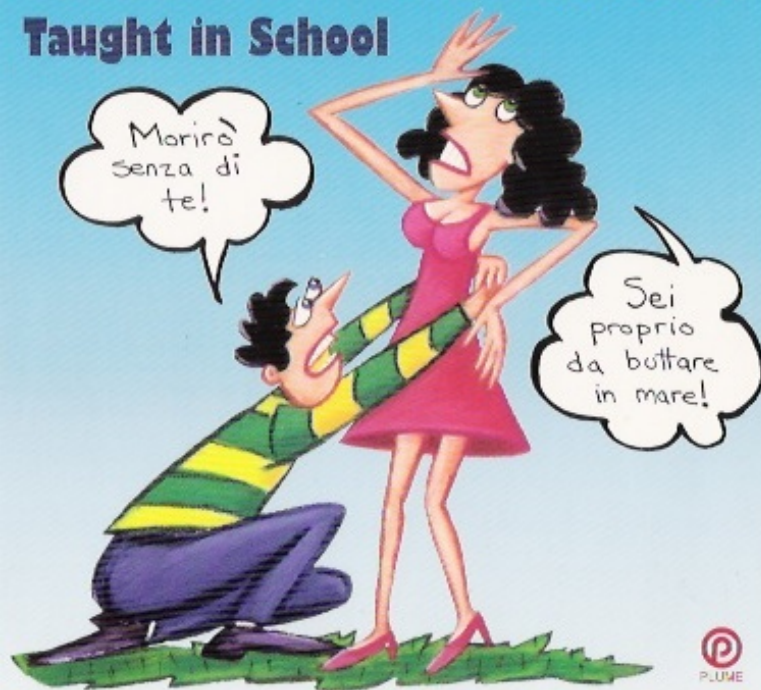
With a dazzling array of photos, *Prince Charming* is far from a fairy tale. It is one of those rare biographies that is both sympathetic and unsparring as it goes below glossy images to tell the flesh-and-blood truth about fabled people who are all too human and a young man born to live a life that will only be called a legend.

"Chock-full. Leigh's book doesn't disappoint."
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