

The Invisible Corset Break Free From Beauty Culture And Embrace Your Radiant Self

Daughter of FortuneThe Green Lace CorsetPropagandaWomen Food and GodHer Blood is GoldThe Shadows Between UsRed at the BoneThe ThirlbyThe Chiron EffectThe Art of LaineyFrom Unseen FireHeartlandCity of BonesThe Invisible CorsetFashion RebelsHalf Broke HorsesSootWhat It's Like to Be a BirdThe Hourglass Factory: A NovelThe Mary-El TarotDark ThingsHow to Heal Yourself from Depression When No One Else CanPsychic Self-DefenseMiddlesexFallen BeautyBeauty SickThe Ladies' Book of Etiquette, and Manual of PolitenessMore Than a BodyThe Impossible Lives of Greta WellsThe F*ck It DietSnow FallingLife After LifeWhen We CollideA Ceremony Called LifeThe DelineatorHimselfBow DownBreak the NormsEvensongTo Have and to Hoax

Daughter of Fortune

A Weiser Classics edition of this occult classic—celebrating its 90th publishing anniversary—includes a new introduction by Mary K. Greer and other new material. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and

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how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the twentieth century.

The Green Lace Corset

Tricia Levenseller, author of *Daughter of the Pirate King*, is back with an epic YA tale of ambition and love in *The Shadows Between Us* “They’ve never found the body of the first and only boy who broke my heart. And they never will.” Alessandra is tired of being overlooked, but she has a plan to gain power: 1) Woo the Shadow King. 2) Marry him. 3) Kill him and take his kingdom for herself. No one knows the extent of the freshly crowned Shadow King’s power. Some say he can command the shadows that swirl around him to do his bidding. Others say they speak to him, whispering the thoughts of his enemies. Regardless, Alessandra knows what she deserves, and she’s going to do everything within her power to get it. But Alessandra’s not the only one trying to kill the king. As attempts on his life are made, she finds herself trying to keep him alive long enough for him to make her his queen—all while struggling not to lose her heart. After all, who better for a Shadow King than a cunning, villainous queen? “Tricia Levenseller’s latest, *The Shadows Between Us*, is a decadent and wickedly addictive fantasy, full of schemes and court intrigue, and delightful descriptions of food, which I am always a fan of.” —Kendare Blake, #1 New York Times bestselling author of the *Three Dark Crowns* series

Propaganda

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The Ladies' Book of Etiquette, And Manual of Politeness: A Complete Handbook for the Use of the by Florence Hartley, first published in 1872, is a rare manuscript, the original residing in one of the great libraries of the world. This book is a reproduction of that original, which has been scanned and cleaned by state-of-the-art publishing tools for better readability and enhanced appreciation. Restoration Editors' mission is to bring long out of print manuscripts back to life. Some smudges, annotations or unclear text may still exist, due to permanent damage to the original work. We believe the literary significance of the text justifies offering this reproduction, allowing a new generation to appreciate it.

Women Food and God

Somewhere on Prithvi, a mortal survives a supernatural attack. In the dark realm of Atala, an evil goddess prepares to do the unspeakable. And a Yakshi finds herself at the heart of an other-worldly storm. Ardra has only known life as a Yakshi, designed to seduce and kill men after drawing out their deepest, darkest secrets for her evil mistress Hera, queen of the forsaken realm of Atala. Then, on one strange blood moon night, her chosen victim, Dwai, survives, and her world spins out of control. Now Ardra must escape the wrath of Hera, who is plotting to throw the universe into chaos. To stop her, Ardra needs to find answers to questions she hasn't dared to ask before. What power does the blood moon hold? Is the sky city of Aakash as much a myth as its inhabitants? the ethereal and seductive Gandharvas and Apsaras? Who is Dara, the mysterious monster-slayer, and what makes Dwai impervious to her powers? A heady concoction of fantasy and romance, Dark Things conjures up a unique world wrought of love and sacrifice, of shadows and secrets, of evil and those who battle it.

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Her Blood is Gold

When we gather in ceremony—to welcome a newborn, celebrate a marriage, or bid farewell to those we’ve lost—we are fully present to our lives and in touch with the deep meaning that feeds our souls. Imagine how our lives might change if we brought the same loving attention to every “ordinary” moment. This is the invitation of *A Ceremony Called Life*, the debut book by new author Tehya Sky. For anyone struggling to find their place and purpose in our ever-changing world, Sky deconstructs our most common spiritual ideas and empowers readers to participate whole-heartedly in the magic and mystery of our human journey. Topics include recalibrating our vision of spirituality; moving through the obstacles that keep us feeling separate; embodying our sacred nature of creator and created; and engaging life as the spiritual practice.

The Shadows Between Us

From the New York Times Bestselling Author of *Lost to You* and *Take This Regret* comes a gripping new tale of loss and love. William has spent six years running from his past and the last eight months trying to rid his mind of the dreams that increasingly haunt his nights. Trapped in a world of false ambitions and feigned affections, William knows he’s reached a breaking point and something’s going to give. Maggie had lived her entire life without hope until one man showed her what it meant to be loved. He’d been her light in a lifetime of darkness. Six years ago, that darkness stole him away. Without him, she’s surrendered herself to an existence she doesn’t know how to escape. When the

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family William left behind is struck by tragedy, he is called back to the one place he's sworn to never return to again. In a moment that will change his life forever, William comes face to face with the girl who, with one look, captured his heart. He is unable to ignore the buried desires and the hope for the future they'd once believed they'd have. Now William is ready to fight to take back what had been stolen from him six years before. But he never imagined what that fight might cost him. A.L. Jackson gives you an intimate look into the lives of a family bound by an unseen connection in this new contemporary romance. "There are some love stories that will take you on such intensely emotional journeys, shake you to the very core of your being, make you scream, cry, curse, throw things against walls, but also fill you with more hope than you ever thought possible – THIS is one of those books. This is the second novel by A.L. Jackson that I have read and I am ready to build this woman a shrine." Natasha is a Book Junkie

Red at the Bone

Learn to love your body—for real this time Women in touch with the wisdom of their bodies are the single greatest threat to societal systems of domination, oppression, and control. We are also the greatest possibility to bring healing, peace, and restoration to our world. —Lauren Geertsen No matter how much we try to tell ourselves to love our bodies and accept our flaws, most women can't quite get there. Even though we know the beauty standard is unrealistic, we secretly feel like it would be so much easier if our stomach were just a little flatter, or our skin a little smoother, or a million other little things. As a result, we sacrifice our health, heritage, sanity, and lives on the altar of beauty culture. Why is it so hard to feel confident about our bodies, or even just accept them? Because willpower alone isn't enough to undo

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generations of brainwashing intended to repress women's confidence and power. In *The Invisible Corset*, Geertsen carefully illustrates the psychological gaslighting that leads women to internalize the belief that their appearance makes them not only unworthy of love, but incapable of fulfilling their actual destiny. By highlighting each restricting string of the invisible corset all women wear, Geertsen helps us reclaim our bodies for ourselves, discovering newfound confidence, power, joy, and pleasure as we do. You'll explore: How the invisible corset cuts you off from your body's wisdom and nature's intelligence—the true sources of your intuition, pleasure, and power How beauty culture is the most recent form of patriarchal oppression — and why women are both responsible and able to free ourselves Why the body positivity movement often makes self-criticism even worse The racist history of beauty culture, and how it still perpetuates racism today Journaling prompts, rituals, meditations, and other exercises to help unravel the toxic beliefs that keep the invisible corset in place A variety of practices to help you reconnect with your body—to tune into your intuition, set healthy boundaries, align with your True Self, and more For any woman who is ready to go from struggle, discomfort, control, and shame to pleasure, confidence, freedom, and soul-fulfilling purpose, *The Invisible Corset* is an essential guide.

The Thirlby

An accessible approach to helping anyone struggling with depression to reclaim a joyful life. From feeling exhausted or blue to not being able to get out of bed, depression happens on a spectrum and can affect anyone. Our current approach of medicine and therapy doesn't always offer all the answers. But according to Amy B. Scher, that's not as much of a mystery as you might think. If you've done everything to heal from depression but are still stuck, you're not alone. Amy sees it as the literal

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depression of self—a side effect of being buried under our lives. It's not all in your head. It's not all in your body, either. It happens in the whole self. But just as depression happens in every part of you, healing does too. Scher's bestselling books have been endorsed by prominent physicians and helped thousands of people overcome chronic illness, emotional challenges, and more. With *How to Heal Yourself from Depression When No One Else Can*, she brings her proven approach of using energy therapy for releasing emotional stress and trauma to one of the most widespread mental health challenges of our time. In this book, you'll:

- Learn how invisible emotions may be negatively affecting you
- Understand why it's okay to stop chasing that mountain of happiness we've been programmed to chase (spoiler alert: it doesn't even exist)
- Release stuck emotional baggage, even if you don't know what it is
- Use emotional healing techniques such as The Sweep to release subconscious beliefs and Thymus Test & Tap to clear stuck emotions from the body
- Learn how to release patterns like perfectionism, lack of boundaries, fear, and more that contribute to depression
- Get answers for your healing from your subconscious mind
- Finally end the cycle of depression and become the happiest, healthiest version of yourself

Amy has proven that working with the body's energy system for deep transformation is often effective when nothing else works. Here she brings much-needed relief to anyone who wants to end the cycle of depression and rediscover the inherent wellness that resides in each of us.

The Chiron Effect

A NEW YORK TIMES BESTSELLER A NEW YORK TIMES NOTABLE BOOK OF THE YEAR "A spectacular novel that only this legend can pull off." -Ibram X. Kendi, #1 New York Times-bestselling author of *HOW TO BE AN ANTIRACIST*, in *The Atlantic* "An exquisite tale of family legacy....The

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power and poetry of Woodson's writing conjures up Toni Morrison." – People "In less than 200 sparsely filled pages, this book manages to encompass issues of class, education, ambition, racial prejudice, sexual desire and orientation, identity, mother-daughter relationships, parenthood and loss....With *Red at the Bone*, Jacqueline Woodson has indeed risen — even further into the ranks of great literature." – NPR "This poignant tale of choices and their aftermath, history and legacy, will resonate with mothers and daughters." –Tayari Jones, bestselling author of *AN AMERICAN MARRIAGE*, in *O Magazine* An unexpected teenage pregnancy pulls together two families from different social classes, and exposes the private hopes, disappointments, and longings that can bind or divide us from each other, from the New York Times-bestselling and National Book Award-winning author of *Another Brooklyn* and *Brown Girl Dreaming*. Moving forward and backward in time, Jacqueline Woodson's taut and powerful new novel uncovers the role that history and community have played in the experiences, decisions, and relationships of these families, and in the life of the new child. As the book opens in 2001, it is the evening of sixteen-year-old Melody's coming of age ceremony in her grandparents' Brooklyn brownstone. Watched lovingly by her relatives and friends, making her entrance to the music of Prince, she wears a special custom-made dress. But the event is not without poignancy. Sixteen years earlier, that very dress was measured and sewn for a different wearer: Melody's mother, for her own ceremony-- a celebration that ultimately never took place. Unfurling the history of Melody's parents and grandparents to show how they all arrived at this moment, Woodson considers not just their ambitions and successes but also the costs, the tolls they've paid for striving to overcome expectations and escape the pull of history. As it explores sexual desire and identity, ambition, gentrification, education, class and status, and the life-altering facts of parenthood, *Red at the Bone* most strikingly looks at the ways in which young people must so often make long-lasting decisions about their lives--even before they have

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begun to figure out who they are and what they want to be.

The Art of Lainey

“The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter.” –Christiane Northrup, MD, New York Times bestselling author of *Women’s Bodies, Women’s Wisdom* From comedian and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power **DIETING DOESN’T WORK** Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what’s wrong with us. Why can’t we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it’s time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn’t even working. So fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What’s the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don’t forget to rest, breathe, and be kind to yourself while you’re at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and

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compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the F*ck It Diet. Let's Eat.

From Unseen Fire

Suddenly able to see demons and the Shadowhunters who are dedicated to returning them to their own dimension, fifteen-year-old Clary Fray is drawn into this bizarre world when her mother disappears and Clary herself is almost killed by a monster.

Heartland

It's been a lifetime (and three seasons) in the making, but Jane Gloriana Villanueva is finally ready to make her much-anticipated literary debut! Jane the Virgin, the Golden Globe, AFI, and Peabody Award-winning CW dramedy, has followed Jane's telenovela-esque life—from her accidental artificial insemination and virgin birth to the infant kidnapping and murderous games of the villainous Sin Rostro to an enthralling who-will-she-choose love triangle. With these tumultuous events as inspiration, Jane's breathtaking first novel adapts her story for a truly epic romance that captures the hope and the heartbreak that have made the television drama so beloved. *Snow Falling* is a sweeping historical romance set in 1902 Miami—a time of railroad tycoons, hotel booms, and exciting expansion for the Magic City. Working at the lavish Regal Sol hotel and newly engaged to Pinkerton Detective

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Martin Cadden, Josephine Galena Valencia has big dreams for her future. Then, a figure from her past reemerges to change her life forever: the hotel's dapper owner, railroad tycoon Rake Solvino. The captivating robber baron sets her heart aflame once more, leading to a champagne-fueled night together. But when their indiscretion results in an unexpected complication, Josephine struggles to decide whether her heart truly belongs with heroic Martin or dashing Rake. Meanwhile, in an effort to capture an elusive crime lord terrorizing the city, Detective Cadden scours the back alleys of the Magic City, tracking the nefarious villain to the Regal Sol and discovering a surprising connection to the Solvino family. However, just when it looks like Josephine's true heart's desire is clear, danger strikes. Will her dreams for the future dissolve like so much falling snow or might Josephine finally get the happy ever after she's been dreaming of for so long?

City of Bones

Jill G. Hall, bestselling author of *The Black Velvet Coat* and *The Silver Shoes* brings readers another dual tale of two vibrant women from different eras trying to discover their true identities. Anne McFarland, a modern-day, thirty-something San Francisco artist in search of spiritual guidance, buys a corset in a Flagstaff resale boutique—a purchase that results in her having to make a decision that will change her life forever. One hundred and thirty-five years earlier, in 1885, naïve Sally Sue Sullivan, a young woman from the Midwest, is kidnapped on a train by a handsome but dangerous bank robber. Held prisoner on a homestead in Northern Arizona's Wild West, Sally Sue discovers her own spunk and grit as she plots her escape. Ultimately, both Anne and Sally Sue face their fears and find the strength to journey down their designated paths and learn the true meaning of love and family . . . with a little push

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from the same green lace corset.

The Invisible Corset

One of Glamour’s Best Books of 2020 Popular podcast host and personal finance expert Lindsay Goldwert explores what professional dominatrixes can teach us about confidence, power, and happiness. Imagine, for a moment, a world where the usual power dynamic is turned on its head. Where women not only stop apologizing, but seize—and enjoy—control. This is the quickly mainstreaming world of BDSM (bondage, discipline, sadism, masochism)—and it has a lot to teach women about empowerment, negotiation, open-mindedness, and more. Journalist Lindsay Goldwert, intrigued by this seismic cultural shift, traveled across the United States to meet the stars of the subculture, who spoke frankly with her about their lives and work. In this “lively, funny, thoughtful channeling of wisdom” (Sara Benincasa, author of *Real Artists Have Day Jobs*), these Alpha women show you how you can reset the power dynamic in any situation to get what you want—whether it’s from a husband, a boss, or partner. They share strategies for revolutionizing not only your sex life, but your career, your relationships, and most importantly, your inner foundations. With bondage gear popping up on the big screen, the runway, the red carpet, and in celebrity lingerie lines, BDSM is officially moving out of the dungeon and into the sun. Let *Bow Down* help you learn how to use it. “Whether your fantasies lie in the bedroom or the boardroom, Lindsay will give you the courage to go forth and dominate.” (Sarah Cooper, author of *How to Be Successful without Hurting Men’s Feelings*).

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Fashion Rebels

"[A] fast-paced yarn that nimbly soars above the Irish crime fiction genre Kidd clearly knows very well." —New York Times Book Review "[A] supernaturally skillful debut." —Vanity Fair "A delicious, gratifying and ageless story." —New York Journal of Books

Abandoned on the steps of an orphanage as an infant, Dublin charmer Mahony assumed all his life that his mother had simply given him up. But when he receives a tip one night at the bar suggesting that foul play may have led to the disappearance of his mother, he decides to return to the rural Irish village where he was born to learn what really happened twenty-six years earlier. From the moment he sets foot in Mulderrig, Mahony's presence turns the village upside down. His uncannily familiar face and outsider's ways cause a stir among the locals, who receive him with a mixture of curiosity (the men), excitement (the women), and suspicion (the pious). It seems that his mother, Orla Sweeney, had left quite an impression on this little town—dearly beloved to some, a scourge and a menace to others. But who would have had reason to get rid of her for good? Determined to find answers, Mahony solicits the help of brash pot-stirrer and retired actress Mrs. Cauley, and the two concoct an ingenious plan to get the town talking, aided and abetted by a cast of eccentric characters, some from beyond the grave. What begins as a personal mission gradually becomes a quiet revolution: a young man and his town uniting against corruption of power, against those who seek to freeze their small worlds in time, to quash the sinister tides of progress and modernity come hell or high water. But what those people seem to forget is that Mahony has the dead on his side. Centering on a small town rife with secrets and propelled by a twisting-and-turning plot, *Himself* is a gem of a book, a darkly comic mystery, and a beautiful tribute to the magic of language, legacy, and storytelling.

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Half Broke Horses

From the New York Times bestselling author of *The House of the Spirits*, Isabelle Allende, comes a passionate tale of one young woman's quest to save her lover set against the chaos of the 1849 California Gold Rush. Orphaned at birth, Eliza Sommers is raised in the British colony of Valparaíso, Chile, by the well-intentioned Victorian spinster Miss Rose and her more rigid brother Jeremy. Just as she meets and falls in love with the wildly inappropriate Joaquín Andieta, a lowly clerk who works for Jeremy, gold is discovered in the hills of northern California. By 1849, Chileans of every stripe have fallen prey to feverish dreams of wealth. Joaquín takes off for San Francisco to seek his fortune, and Eliza, pregnant with his child, decides to follow him. As Eliza embarks on her perilous journey north in the hold of a ship and arrives in the rough-and-tumble world of San Francisco, she must navigate a society dominated by greedy men. But Eliza soon catches on with the help of her natural spirit and a good friend, the Chinese doctor Tao Chi'en. What began as a search for love ends up as the conquest of personal freedom. A marvel of storytelling, *Daughter of Fortune* confirms once again Isabel Allende's extraordinary gift for fiction and her place as one of the world's leading writers.

Soot

Author Jeff Powell wakes up to find the impossible has happened. He is within his own novel—summoned into the fictional world of Andvell by a spell he didn't write. One the House enchantress hasn't figured out how to reverse. When the villain he's been struggling to write reveals

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himself, unleashing waves of terror and chaos, Jeff must use more than his imagination to save the characters he created—and the woman he loves. Trapped within a world of his own creation, he must step outside the bounds of his narrative to help his characters defeat an evil no one anticipated, even if he must sacrifice his greatest gift. In the end, he has to ask: are novels really fiction, or windows into other worlds?

What It's Like to Be a Bird

An award-winning Northwestern University psychology professor reveals how the cultural obsession with women's appearance is an epidemic that harms women's ability to get ahead and to live happy, meaningful lives, in this powerful, eye-opening work in the vein of Naomi Wolf, Peggy Orenstein, and Sheryl Sandberg. Today's young women face a bewildering set of contradictions when it comes to beauty. They don't want to be Barbie dolls but, like generations of women before them, are told they must look like them. They're angry about the media's treatment of women but hungrily consume the very outlets that belittle them. They mock modern culture's absurd beauty ideal and make videos exposing Photoshopping tricks, but feel pressured to emulate the same images they criticize by posing with a "skinny arm." They understand that what they see isn't real but still download apps to airbrush their selfies. Yet these same young women are fierce fighters for the issues they care about. They are ready to fight back against their beauty-sick culture and create a different world for themselves, but they need a way forward. In *Beauty Sick*, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression,

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eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the voices of real women of all ages, she makes clear that to truly fulfill their potential, we must break free from cultural forces that feed destructive desires, attitudes, and words—from fat-shaming to denigrating commentary about other women. She provides inspiration and workable solutions to help girls and women overcome negative attitudes and embrace their whole selves, to transform their lives, claim the futures they deserve, and, ultimately, change their world.

The Hourglass Factory: A Novel

The author offers a novel based on the life of her grandmother, Lily Casey Smith, who learned to break horses in childhood, journeyed 500 miles on a pony as a teen to become a teacher, and ran a vast ranch in Arizona with her husband while raising two children, including Rosemary Smith Walls, portrayed in the author's acclaimed *The Glass Castle*. Includes reading-group guide. Reprint. A New York Times Best Book of the Year.

The Mary-El Tarot

Dark Things

"As a teenager Almila Kakinc-Dodd was first diagnosed with an eating disorder and then an auto-

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immune disease that she helped manage holistically. Today her passion is to visually curate life's pleasures and share her considerable knowledge about self-care. This book offers precise, easily attainable advice on natural health, spiritual living, and nourishment. From meditative mantras and herbal first aid to ideas for zero-waste living and delicious grain-free and sugar-free recipes, the book helps readers make mindful decisions every day--whether it's what to eat after working out or how to tame anxiety."--Amazon.com.

How to Heal Yourself from Depression When No One Else Can

From Unseen Fire is the first novel in the Aven Cycle, a historical fantasy set in an alternate Rome, by debut author Cass Morris The Dictator is dead; long live the Republic. But whose Republic will it be? Senators, generals, and elemental mages vie for the power to shape the future of the city of Aven. Latona of the Vitelliae, a mage of Spirit and Fire, has suppressed her phenomenal talents for fear they would draw unwanted attention from unscrupulous men. Now that the Dictator who threatened her family is gone, she may have an opportunity to seize a greater destiny as a protector of the people—if only she can find the courage to try. Her siblings—a widow who conceals a canny political mind in the guise of a frivolous socialite, a young prophetess learning to navigate a treacherous world, and a military tribune leading a dangerous expedition in the province of Iberia—will be her allies as she builds a place for herself in this new world, against the objections of their father, her husband, and the strictures of Aventan society. Latona's path intersects with that of Sempronius Tarren, an ambitious senator harboring a dangerous secret. Sacred law dictates that no mage may hold high office, but Sempronius, a Shadow mage who has kept his abilities a life-long secret, intends to do just that. As rebellion brews in

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the provinces, Sempronius must outwit the ruthless leader of the opposing Senate faction to claim the political and military power he needs to secure a glorious future for Aven and his own place in history. As politics draw them together and romance blossoms between them, Latona and Sempronius will use wit, charm, and magic to shape Aven's fate. But when their foes resort to brutal violence and foul sorcery, will their efforts be enough to save the Republic they love?

Psychic Self-Defense

With politics taking centre stage due to the US presidential election, the time is perfect for a reprint of this classic work from Edward Bernays, the father of public relations and political spin and the man who designed the ad campaign that got the United States involved in World War I. Written in 1928, this was the first book to discuss the manipulation of the masses and democracy by government spin and propaganda.

Middlesex

An unwed mother forges a complex friendship with Bohemian poet Edna St. Vincent Millay against a backdrop of critical 1930s cultural values, which force them to weight the cost of happiness. By the author of Hemingway's Girl. Original. 75,000 first printing.

Fallen Beauty

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The electrifying sequel to the national bestseller *Smoke* - bringing back readers to a world that Entertainment Weekly called "Part Dickens, part dystopia, and totally immersive." The year is 1909. It has been ten years since Thomas Argyle, Charlie Cooper and Livia Naylor set off a revolution by releasing *Smoke* upon the world. They were raised to think *Smoke* was a sign of sin manifested, but learned its suppression was really a means of controlling society. *Smoke* allowed people to mingle their emotions, to truly connect, and the trio thought that freeing the *Smoke* would bring down the oppressive power structure and create a fair and open society. But the consequences were far greater than they had imagined, and the world has fractured. Erasmus Renfrew, the avowed enemy of *Smoke*, is now Lord Protector of what remains of the English state. Charlie and Livia live in Minetowns, an egalitarian workers' community in the north of England which lives by *Smoke*. Thomas Argyle is in India on a clandestine mission to find out the origins of *Smoke*, and why the still-powerful Company is mounting an expedition in the Himalayas. Mowgli, the native whose body was used to trigger the tempest that unleashed the *Smoke*, now calls himself Nils and is a chameleon-like thief living in New York. And Eleanor Renfrew, Erasmus' niece who was the subject of his cruel experiments in suppressing *Smoke*, is in hiding from her uncle in provincial Canada. What she endured has given her a strange power over *Smoke*, which she fears as much as her uncle. Believing her uncle's agents have found her, she flees to New York with a theater troupe led by Balthazar Black, an impresario with secrets of his own. There they encounter Nils and a Machiavellian Company man named Smith. All these people seek to discover the true nature of *Smoke*, and thereby control its power. As their destinies entwine, a cataclysmic confrontation looms, and the *Smoke* will either bind them together or rend the world.

Beauty Sick

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Have you ever felt like you're living out a script written for you by others—in your work, your relationships, or spirituality? “To break through the norms we've been conditioned to believe is an act of rebellion,” writes Chandresh Bhardwaj. “It is not about being stubborn or ‘bringing down the man.’ It's about following your soul's deepest longing. It's about making a decision to question what you've been told is true.” There are no “right answers” in spirituality, but asking the right questions can help us discover who we are and what we are becoming. In *Break the Norms*, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus—then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo. Here is the long-awaited first book from a compelling new teacher—and a clarion call to embrace our own spiritual authority.

The Ladies' Book of Etiquette, and Manual of Politeness

What if you could live again and again, until you got it right? On a cold and snowy night in 1910, Ursula Todd is born to an English banker and his wife. She dies before she can draw her first breath. On that same cold and snowy night, Ursula Todd is born, lets out a lusty wail, and embarks upon a life that will be, to say the least, unusual. For as she grows, she also dies, repeatedly, in a variety of ways, while the young century marches on towards its second cataclysmic world war. Does Ursula's apparently infinite number of lives give her the power to save the world from its inevitable destiny? And if she can -- will she? Darkly comic, startlingly poignant, and utterly original -- this is Kate Atkinson at her absolute best.

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More Than a Body

A guide to using astrology to identify your core wounds and heal them using psychological techniques, affirmations, and self-compassion • Explains how the placement of Chiron in your birth chart identifies the core wounds and unconscious patterns that block empathy and self-forgiveness • Offers a descriptive chapter for each of the 12 zodiac sign placements for Chiron, revealing how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually • Provides specific steps for each sign to shift self-destructive patterns as well as powerful affirmations infused with Reiki healing energy We all have experienced disappointment, sadness, rejection, or the loss of something meaningful in our lives. When you are wounded, innate animalistic instincts for self-protection kick in as a means for survival. These behavior patterns are a natural and necessary coping strategy, at first. But many dwell far too long in these patterns and separate themselves from their source of inner wisdom and intuition. Using astrology as a diagnostic tool, Lisa Tahir reveals how to use the astrological placement of the minor planet Chiron in your birth chart to identify the core wounds and unconscious patterns that block your capacity to have self-empathy and to forgive. Coining the phrase “Chiron Effect” to describe the magnetic pull that individuals have around specific areas of vulnerability, she explains how, like a raw nerve, the placement of Chiron describes what parts of our lives we might edit or hide for fear of being rejected as well as the areas of sensitivity where we are triggered. Offering a chart and online links to allow you to determine Chiron’s placement in your chart, the author explains how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually depending on the sign and house it falls within. She outlines how to begin healing your core wounds through empathy and self-forgiveness, providing several steps for each sign

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placement to shift self-destructive patterns and learn to protect yourself as well as powerful affirmations infused with Reiki healing energy to help you anchor a new belief system. As Lisa Tahir reveals, once identified, your personal Chiron placement can become the source of your greatest healing and empowerment. By recognizing your core wounding and learning to offer yourself empathy and forgiveness, you can finally break free from suffering, end self-sabotage, and allow your life to unfold in a new way.

The Impossible Lives of Greta Wells

Exquisite and powerful, if there is a theme in The Mary-el Tarot, it is one of the alchemy of the soul; of finding balance, symmetry, mastery of the self, and becoming your own genius. This long-awaited 78-card deck is stunningly illustrated with traditional oil paints and a depth of symbolism found in the old classics. The accompanying guide, Landscapes of the Abyss, takes the reader through the meanings of each card via the landscape of the Moon and the High Priestess, through the geometry of the temple and the Tree of Life, the Merkabah, and the caduceus! Enter a doorway between heaven and earth, between microcosm and macrocosm, between the world of eternity and infinity. A rare gem suitable for all levels of tarot experience.

The F*ck It Diet

Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance,

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and PMS jokes. Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women recognize the power of their periods.

Snow Falling

Named a Best Romance of April by Goodreads, Popsugar, Bustle, and more! In this fresh and hilarious historical rom-com, an estranged husband and wife in Regency England feign accidents and illness in an attempt to gain attention—and maybe just win each other back in the process. Five years ago, Lady Violet Grey and Lord James Audley met, fell in love, and got married. Four years ago, they had a fight to end all fights, and have barely spoken since. Their once-passionate love match has been reduced to one of cold, detached politeness. But when Violet receives a letter that James has been thrown from his horse and rendered unconscious at their country estate, she races to be by his side—only to discover him alive and well at a tavern, and completely unaware of her concern. She's outraged. He's confused. And the distance between them has never been more apparent. Wanting to teach her estranged husband a lesson, Violet decides to feign an illness of her own. James quickly sees through it, but he decides to play along in an ever-escalating game of manipulation, featuring actors masquerading as doctors, threats of Swiss sanitariums, faux mistresses—and a lot of flirtation between a husband and wife who might not hate each other as much as they thought. Will the two be able to overcome four years of hurt or will they continue to deny the spark between them? With charm, wit, and heart in spades, *To Have and to Hoax* is a fresh and eminently entertaining romantic comedy—perfect for fans of Jasmine Guillory and Julia Quinn.

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Life After Life

Millions of us are locked into an unwinnable weight game, as our self-worth is shredded with every diet failure. Combine the utter inefficacy of dieting with the lack of spiritual nourishment and we have generations of mad, ravenous self-loathing women. So says Geneen Roth, in her life-changing new book, *Women, Food and God*. Since her 1991 bestseller, *When Food Is Love*, was published, Roth has taken the sum total of her experience and combined it with spirituality and psychology to explain women's true hunger. Roth's approach to eating is that it is the same as any addiction - an activity to avoid feeling emotions. From the first page, readers will be struck by the author's intelligence, humour and sensitivity, as she traces the path of overeating from its subtle beginnings through to its logical end. Whether the drug is booze or brownies, the problem is the same: opting out of life. She powerfully urges readers to pay attention to what they truly need - which cannot be found in a supermarket. She provides seven basic guidelines for eating (the most important is to never diet) and shares reassuring, practical advice that has helped thousands of women who have attended her highly successful seminars. Truly a thinking woman's guide to eating - and an anti-diet book - women everywhere will find insights and revelations on every page.

When We Collide

Amid the drama of the suffragette movement in Edwardian London, the disappearance of a famous trapeze artist in the middle of her act leads a young Fleet Street reporter to an underworld of circus

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performers, fetishists, and society columnists. London, 1912. The suffragette movement is reaching a fever pitch, and Inspector Frederick Primrose is hunting a murderer on his beat. Across town, Fleet Street reporter Frances “Frankie” George is chasing an interview with trapeze artist Ebony Diamond. Frankie finds herself fascinated by the tightly-laced acrobat and follows her to a Bond Street corset shop that seems to be hiding secrets of its own. When Ebony Diamond mysteriously disappears in the middle of a performance, Frankie and Primrose are both drawn into the shadowy world of a secret society with ties to both London's criminal underworld and its glittering socialites. How did Ebony vanish, who was she afraid of, and what goes on behind the doors of the mysterious Hourglass Factory? From newsrooms to the drawing rooms of high society, the investigation leads Frankie and Primrose to a murderous villain with a plot more deadly than anyone could have imagined.

A Ceremony Called Life

Perfect for fans of Stephanie Perkins, Sarah Dessen, and Susane Colasanti, *The Art of Lainey* tells the story of how, with the help of *The Art of War*, Lainey plots the perfect plan to get her boyfriend back. But is getting him back really what she wants? Soccer star Lainey Mitchell is gearing up to spend an epic summer with her amazing boyfriend, Jason, when he suddenly breaks up with her—no reasons, no warnings, and in public no less! Lainey is more than crushed, but with help from her friend Bianca, she resolves to do whatever it takes to get Jason back. And that's when Lainey and Bianca stumble across a copy of *The Art of War*. With just one glance, the girls are sure they can use the book to lure Jason back into Lainey's arms. So Lainey channels her inner warlord, recruiting spies to gather intel and persuading her coworker Micah to pose as her new boyfriend to make Jason jealous. After a few "dates," it looks

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like her plan is going to work! But now her relationship with Micah is starting to feel like more than just a game. Can fighting for what she wants help Lainey figure out what she really needs?

The Delineator

Finalist for the National Book Award *Finalist for the Kirkus Prize* *Instant New York Times Bestseller* *Named a Best Book of the Year by NPR, New York Post, BuzzFeed, Shelf Awareness, Bustle, and Publishers Weekly* An essential read for our times: an eye-opening memoir of working-class poverty in America that will deepen our understanding of the ways in which class shapes our country and “a deeply humane memoir that crackles with clarifying insight”. * Sarah Smarsh was born a fifth generation Kansas wheat farmer on her paternal side, and the product of generations of teen mothers on her maternal side. Through her experiences growing up on a farm thirty miles west of Wichita, we are given a unique and essential look into the lives of poor and working class Americans living in the heartland. During Sarah’s turbulent childhood in Kansas in the 1980s and 1990s, she enjoyed the freedom of a country childhood, but observed the painful challenges of the poverty around her; untreated medical conditions for lack of insurance or consistent care, unsafe job conditions, abusive relationships, and limited resources and information that would provide for the upward mobility that is the American Dream. By telling the story of her life and the lives of the people she loves with clarity and precision but without judgement, Smarsh challenges us to look more closely at the class divide in our country. Beautifully written, in a distinctive voice, Heartland combines personal narrative with powerful analysis and cultural commentary, challenging the myths about people thought to be less because they earn less. “Heartland is one of a growing number of important works—including Matthew Desmond’s

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Evicted and Amy Goldstein's Janesville—that together merit their own section in nonfiction aisles across the country: America's postindustrial decline Smarsh shows how the false promise of the 'American dream' was used to subjugate the poor. It's a powerful mantra" *(The New York Times Book Review).

Himself

Spanning eight decades and chronicling the wild ride of a Greek-American family through the vicissitudes of the twentieth century, Jeffrey Eugenides' witty, exuberant novel on one level tells a traditional story about three generations of a fantastic, absurd, lovable immigrant family -- blessed and cursed with generous doses of tragedy and high comedy. But there's a provocative twist. Cal, the narrator -- also Callie -- is a hermaphrodite. And the explanation for this takes us spooling back in time, through a breathtaking review of the twentieth century, to 1922, when the Turks sacked Smyrna and Callie's grandparents fled for their lives. Back to a tiny village in Asia Minor where two lovers, and one rare genetic mutation, set our narrator's life in motion. Middlesex is a grand, utterly original fable of crossed bloodlines, the intricacies of gender, and the deep, untidy promptings of desire. It's a brilliant exploration of divided people, divided families, divided cities and nations -- the connected halves that make up ourselves and our world. Justly acclaimed when it was released in Fall 2002, it announces the arrival of a major writer for our times. From the Hardcover edition.

Bow Down

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The bird book for birders and nonbirders alike that will excite and inspire by providing a new and deeper understanding of what common, mostly backyard, birds are doing--and why "Can birds smell?" "Is this the same cardinal that was at my feeder last year?" "Do robins 'hear' worms?" In *What It's Like to Be a Bird*, David Sibley answers the most frequently asked questions about the birds we see most often. This special, large-format volume is geared as much to nonbirders as it is to the out-and-out obsessed, covering more than two hundred species and including more than 330 new illustrations by the author. While its focus is on familiar backyard birds--blue jays, nuthatches, chickadees--it also examines certain species that can be fairly easily observed, such as the seashore-dwelling Atlantic puffin. David Sibley's exacting artwork and wide-ranging expertise bring observed behaviors vividly to life. (For most species, the primary illustration is reproduced life-sized.) And while the text is aimed at adults--including fascinating new scientific research on the myriad ways birds have adapted to environmental changes--it is nontechnical, making it the perfect occasion for parents and grandparents to share their love of birds with young children, who will delight in the big, full-color illustrations of birds in action. Unlike any other book he has written, *What It's Like to Be a Bird* is poised to bring a whole new audience to David Sibley's world of birds.

Break the Norms

"Throughout history, daring women have wielded power and brought about change through their bold fashion choices. *Fashion Rebels* is a collection of lively, illustrated biographies of twenty-five of these influential fashion icones from the distant past to today. Discover how these rebels' fashion choices both mirrored and redefined what it meant to be a woman in their era. From Cleopatra and Coco Chanel,

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whose forward fashions freed later generations from conformity, to Michelle Obama and Lady Gaga, who each bravely step out every day to rock their own unique personal styles. These fashionistas didn't follow trends or cultural conventions: they set new courses with their own styles. And if fashion police came knocking, they simply didn't open the door, "--Back cover.

Evensong

From the critically acclaimed author of the New York Times bestseller *The Confessions of Max Tivoli* comes *The Impossible Lives of Greta Wells*, a rapturously romantic story of a woman who finds herself transported to the “other lives” she might have lived. After the death of her beloved twin brother and the abandonment of her long-time lover, Greta Wells undergoes electroshock therapy. Over the course of the treatment, Greta finds herself repeatedly sent to 1918, 1941, and back to the present. Whisked from the gas-lit streets and horse-drawn carriages of the West Village to a martini-fueled lunch at the Oak Room, in these other worlds, Greta finds her brother alive and well—though fearfully masking his true personality. And her former lover is now her devoted husband...but will he be unfaithful to her in this life as well? Greta Wells is fascinated by her alter egos: in 1941, she is a devoted mother; in 1918, she is a bohemian adulteress. In this spellbinding novel by Andrew Sean Greer, each reality has its own losses, its own rewards; each extracts a different price. Which life will she choose as she wrestles with the unpredictability of love and the consequences of even her most carefully considered choices?

To Have and to Hoax

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Drs. Lindsay and Lexie Kite know firsthand how hard filtering out media influence is when it comes to self-image. Both struggled as young women to overcome the expectations of body size and shape, but were able to learn to love, appreciate, and reclaim their own bodies, eventually earning their PhDs in body image resilience. The twin sisters founded the nonprofit Beauty Redefined and have made it their mission to help other women see themselves without societal expectations distorting their self-perception. *More than a Body* is a self-help book focused on going beyond body positivity, showing how a mindset focused on appearance sets women up for insecurities and self-judgement. In this book, they offer an action plan for readers to combat that mindset, and instead learn how the body can be "an instrument, not an ornament," with practical, actionable steps to take when consuming media, exercising, practicing self-reflection and self-compassion, and finding a purpose in life.

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