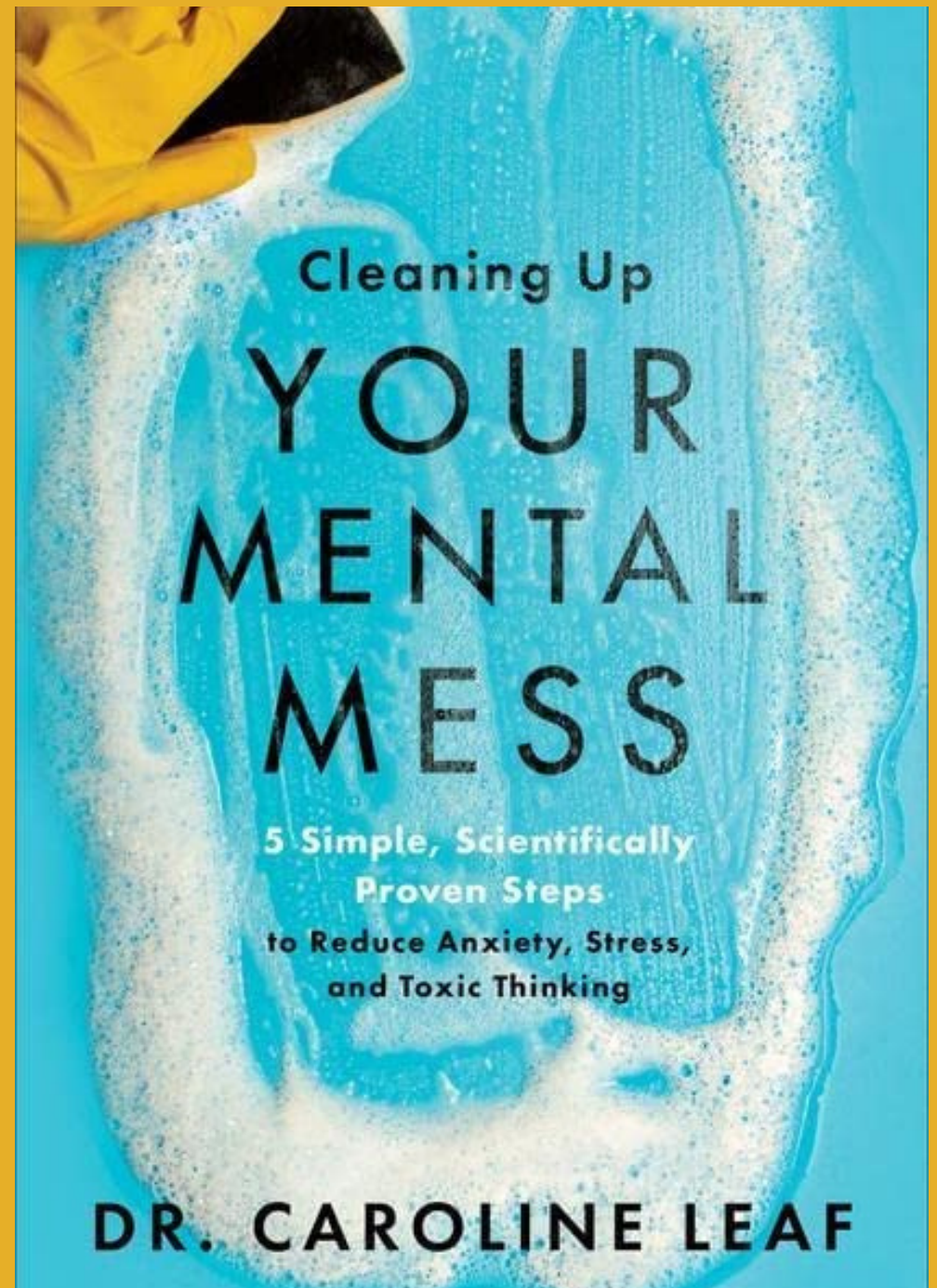


CLEANING UP YOUR MENTAL MESS

Caroline Leaf

Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.



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WHEN BREATH BECOMES AIR

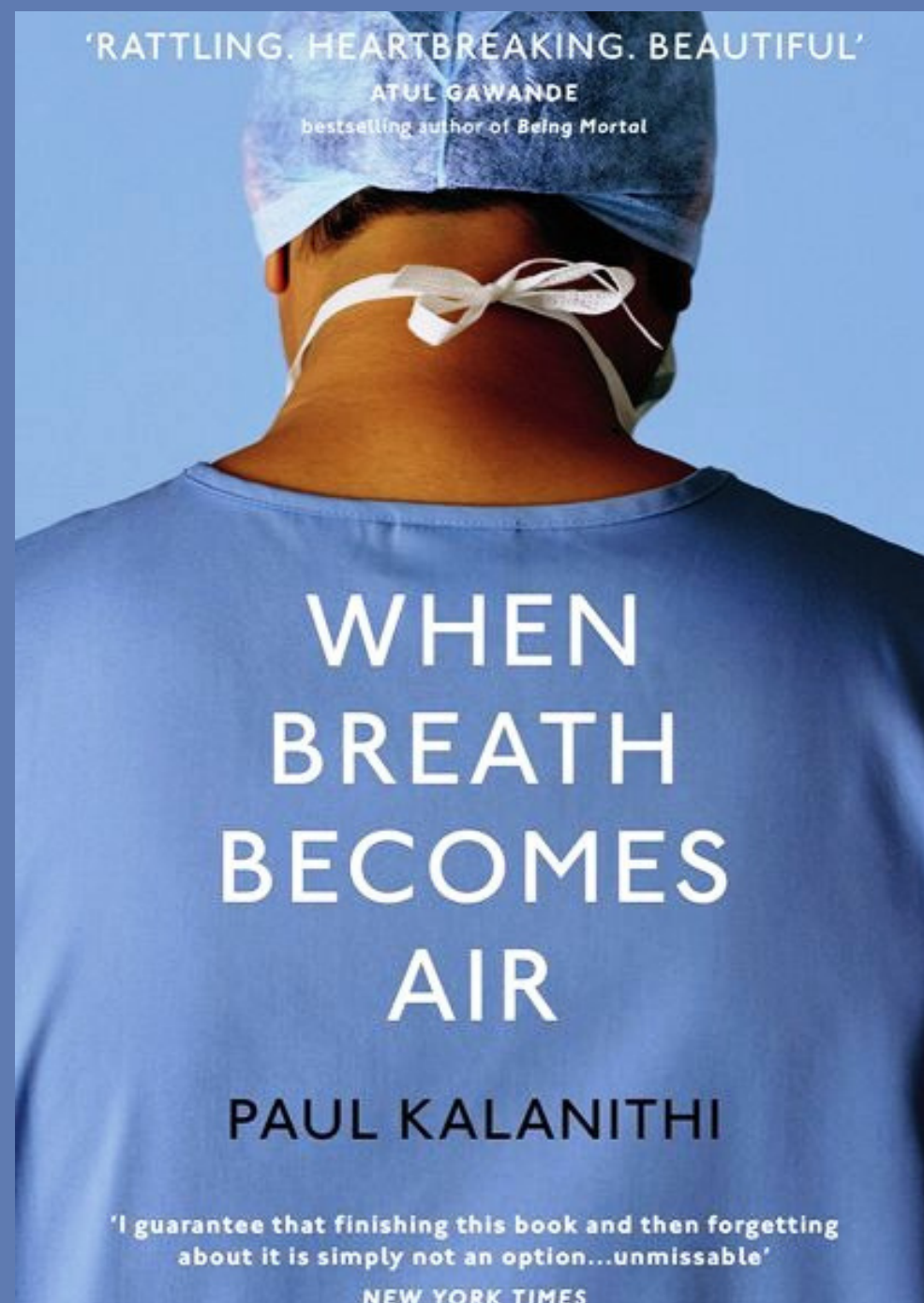
Paul Kalanithi

At the age of thirty-six, on the verge of completing a decade's training as a neurosurgeon, Paul Kalanithi was diagnosed with inoperable lung cancer. One day he was a doctor treating the dying, the next he was a patient struggling to live.

When Breath Becomes Air chronicles Kalanithi's transformation from a medical student asking what makes a virtuous and meaningful life into a neurosurgeon working in the core of human identity - the brain - and finally into a patient and a new father.

What makes life worth living in the face of death? What do you do when when life is catastrophically interrupted? What does it mean to have a child as your own life fades away?

Paul Kalanithi died while working on this profoundly moving book, yet his words live on as a guide to us all. When Breath Becomes Air is a life-affirming reflection on facing our mortality and on the relationship between doctor and patient, from a gifted writer who became both.



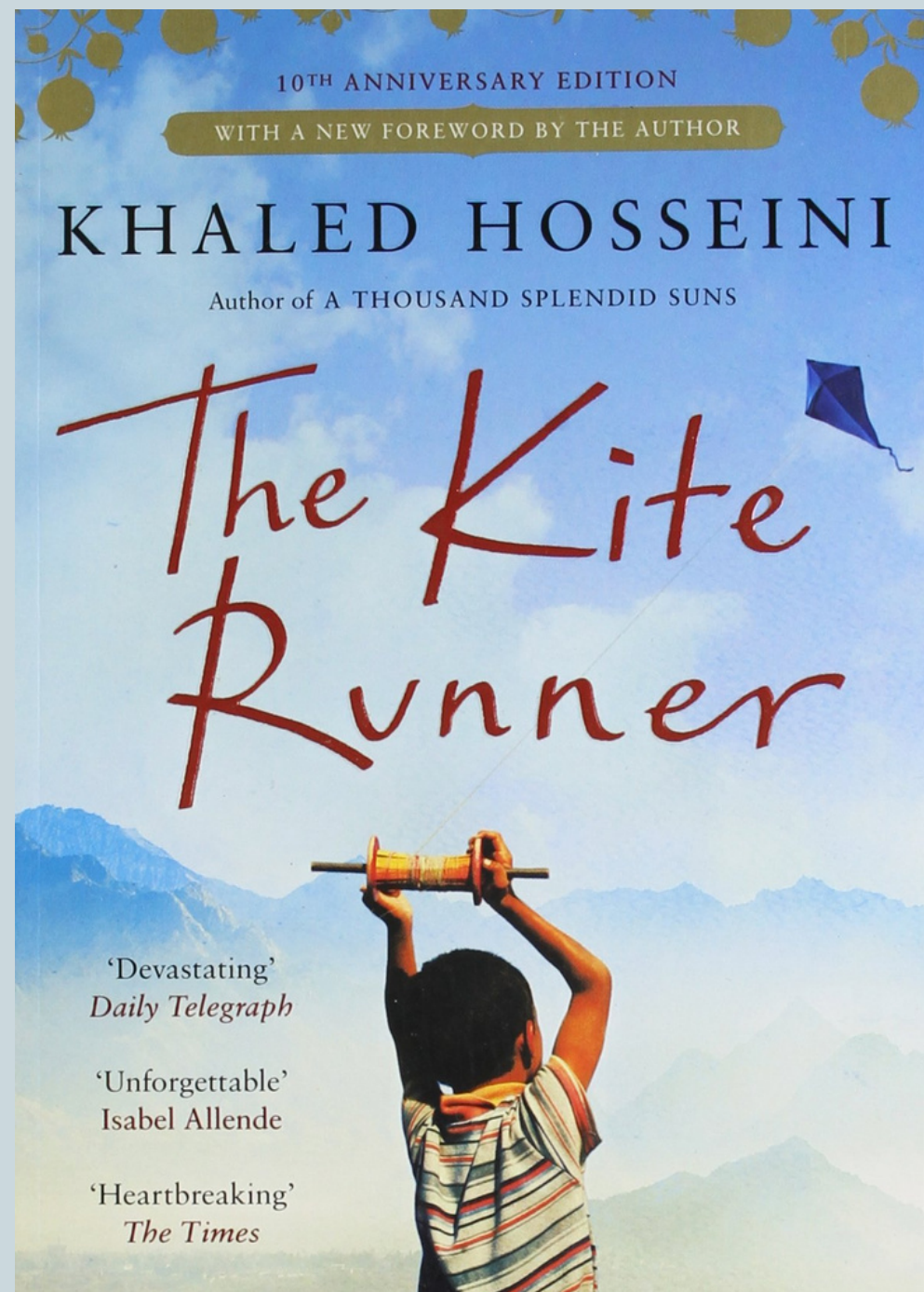
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THE KITE RUNNER

Khaled Hosseini

Afghanistan, 1975: Twelve-year-old Amir is desperate to win the local kite-fighting tournament and his loyal friend Hassan promises to help him. But neither of the boys can foresee what will happen to Hassan that afternoon, an event that is to shatter their lives. After the Russians invade and the family is forced to flee to America, Amir realises that one day he must return to Afghanistan under Taliban rule to find the one thing that his new world cannot grant him: redemption.



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THE POWER OF THE DOG

Thomas Savage

Discover Thomas Savage's dark poetic tale of a small town in early 20th century America, that inspired the new Jane Campion film. Phil and George are brothers and joint owners of the biggest ranch in their Montana valley. Phil is the bright one, George - the plodder.

Phil is tall and angular; George is stocky and silent. Phil is a brilliant chess player, a voracious reader, an eloquent storyteller; George learns slowly, and devotes himself to the business. They sleep in the room they shared as boys, and so it has been for forty years.

When George unexpectedly marries a young widow and brings her to live at the ranch, Phil begins a relentless campaign to destroy his brother's new wife. But he reckons without an unlikely protector. From its visceral first paragraph to its devastating twist of an ending, *The Power of the Dog* will hold you in its grip.



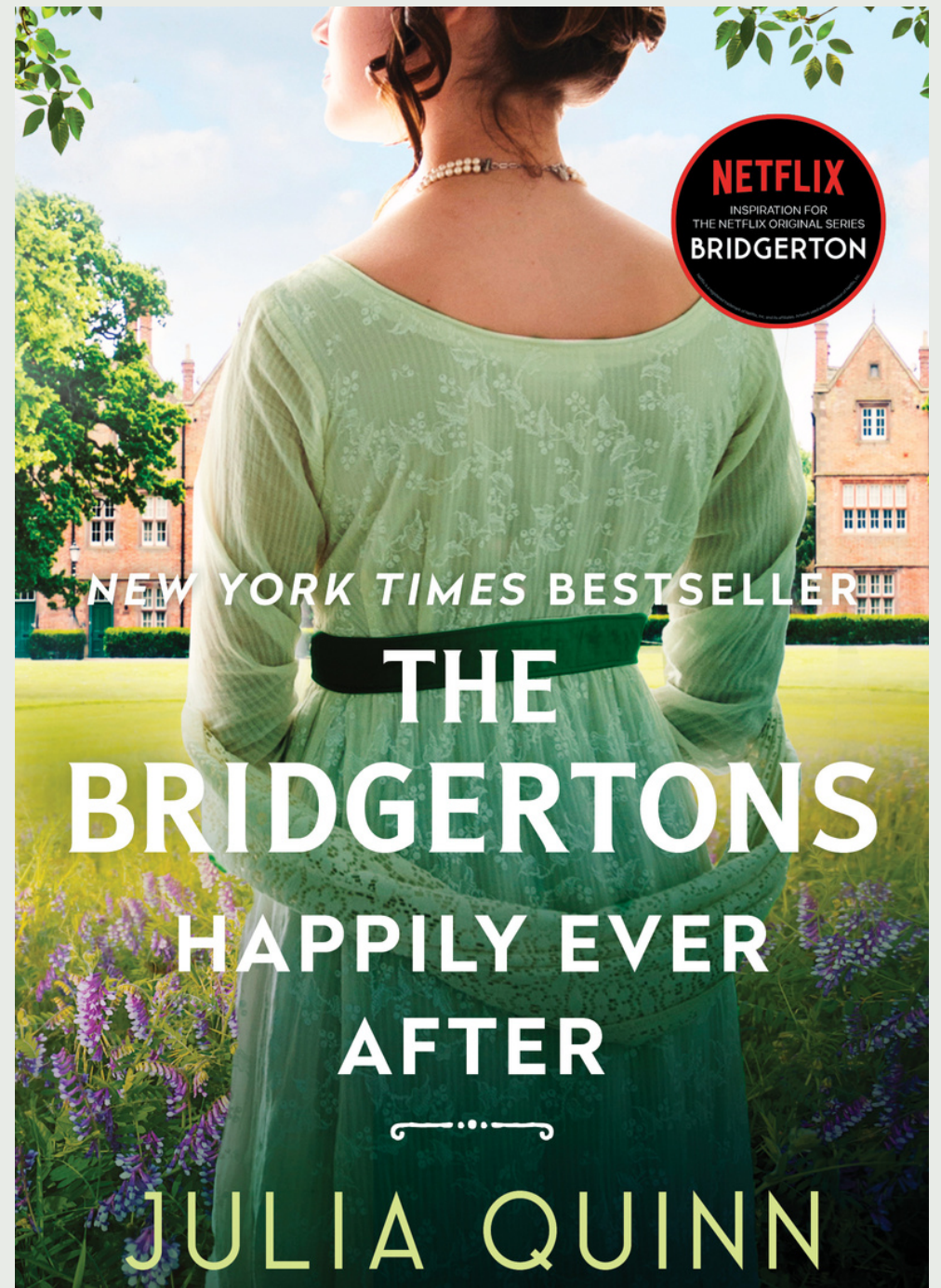
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THE BRIDGERTONS: HAPPILY EVER AFTER

Julia Quinn

Julia Quinn's
Bridgerton series
remains one of the
most beloved
among historical
romance readers,
and this collection
of 'second
epilogues' - stories
that take place after
the original books
end - offer fans
more from their
favourite characters.



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FINDING PERFECT

Colleen Hoover

Friends Daniel, Six, Holder, Sky, and Breckin are planning to celebrate the upcoming Thanksgiving holiday with a Friendsgiving dinner at Sky's parents' house.

But things have been off within the tightknit group and when Daniel reaches out to Six to ask the hard questions he hasn't dared to bring up since they last spoke about their shared secret, he's dismayed to learn that it's this very secret bringing a cloud over the holiday. Suddenly, Daniel must do everything he can to find answers for the one person he loves the most in the world, but will this search only lead to despair.

FINDING PERFECT

a novella

COLLEEN
HOOVER

#1 NEW YORK TIMES BESTSELLING AUTHOR OF



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THE PARIS APARTMENT

Kelly Bowen

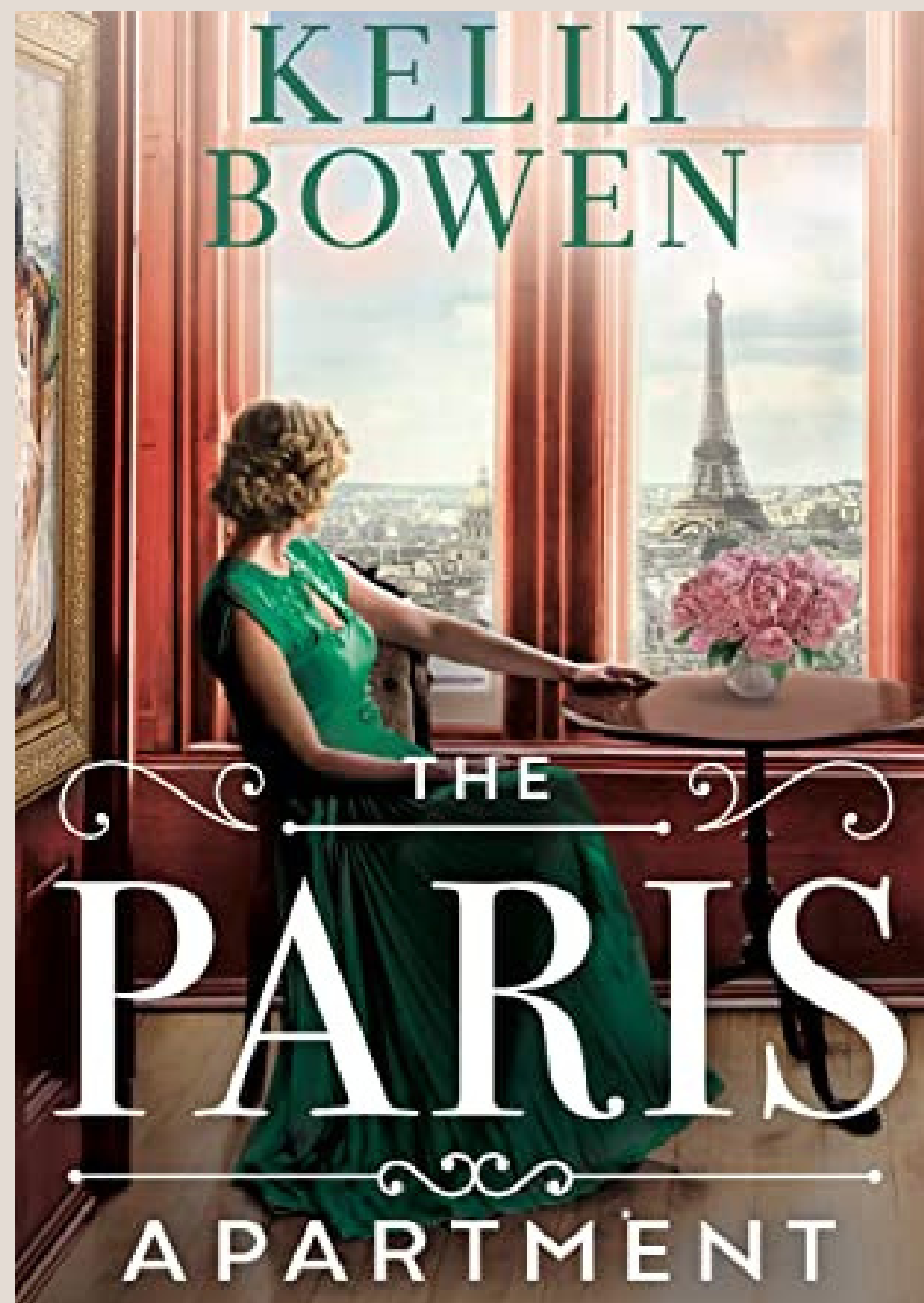
When a modern woman inherits a Parisian apartment undisturbed since WWII, she discovers that it may hold the key to unraveling her cold great - grandmother's secret life - a past of sacrifice during a mission to protect those she loved.

1940, Paris

As the heiress to a wealthy Parisian family, Lise Allard grows up immensely privileged, but barely knowing her absentee parents. Instead, she finds her own sense of family among a close circle of friends. Yet when war breaks out and Paris is occupied, she sees her friends taken away one by one. Heartbroken, Lise vows that she will do whatever it takes to help defeat the Germans.

2017, Paris

When Aurelia Leclaire's great-grandmother passes away, the last thing Aurelia expects to inherit is a tiny Paris apartment untouched for over half of a century. But even more shocking is the massive collection of priceless jewelry and fine art secreted inside. When she discovers an unknown painting cherished by Lise, she realizes that it may be the key to unlocking her great-grandmother's story.



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FAMILY OF LIARS

E. Lockhart

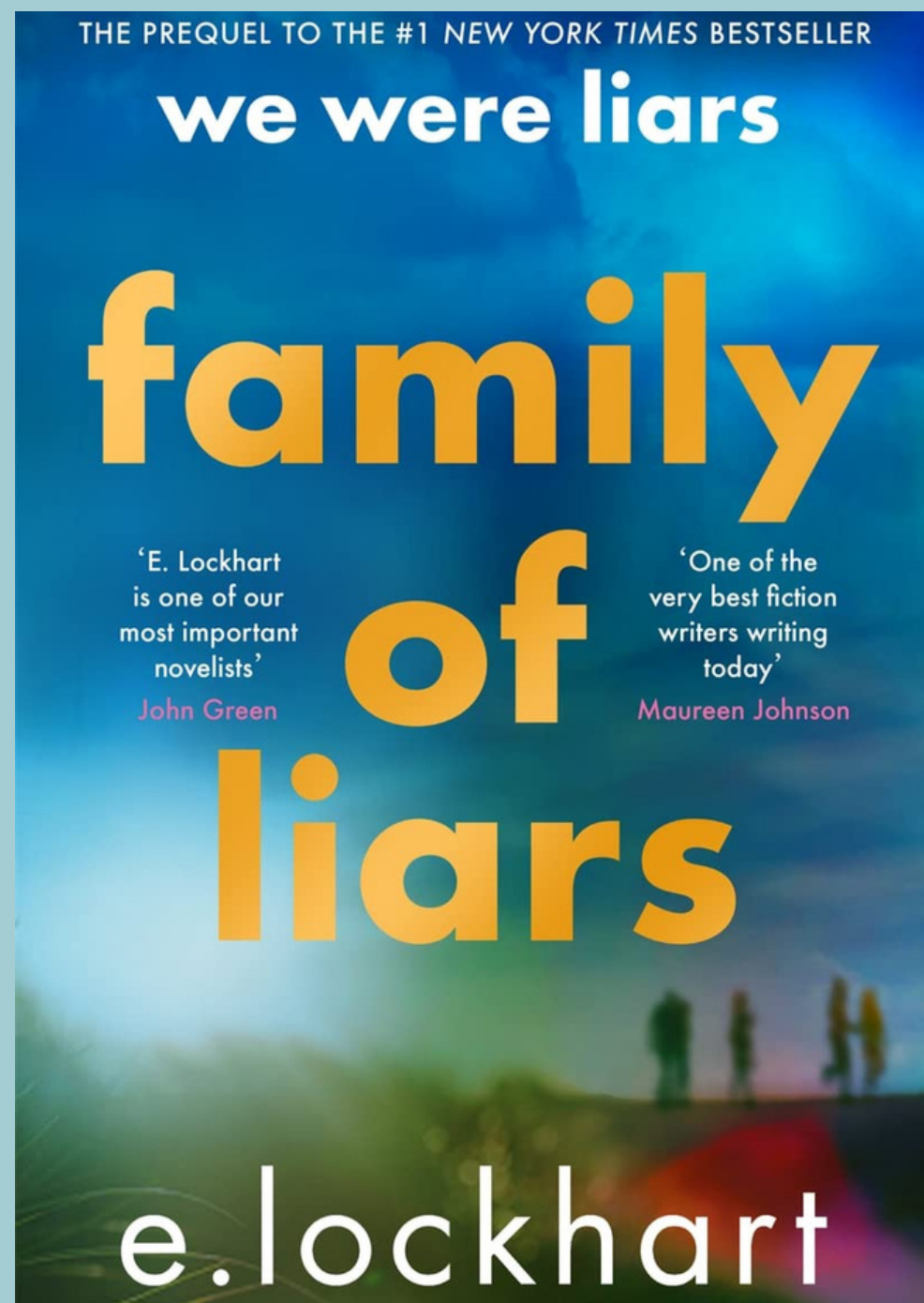
A windswept private island off the coast of Massachusetts.

A hungry ocean, churning with secrets and sorrow.

A fiery, addicted heiress.

An irresistible, unpredictable boy.

A summer of unforgivable betrayal and terrible mistakes.



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