

# THINGS I WANTED TO SAY

Monica Murphy

Whit Lancaster is the cold, heartless and devastatingly handsome bad boy at Lancaster Prep.

Beautiful Summer Savage has no time for Whit. But his intense gaze traps her under a spell. Fills her with a longing she doesn't understand.

When Whit gets into trouble one night, Summer invites him in. Tends to his wounds. Lets her guard down, just for a moment . .

. Which is when Whit takes off in the dead of night. Taking her journal with him.

Now he holds all her darkest secrets, threatening to expose her to the entire school. So Summer strikes a deal with Whit.

A deal that leaves her at his mercy behind closed doors . . .



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# VERA WONG'S UNSOLICITED ADVICE FOR MURDERERS

Jesse Q. Sutanto

Sixty-year-old self-proclaimed tea expert Vera Wong enjoys nothing more than sipping a good cup of Wulong and doing some healthy 'detective' work on the internet (AKA checking up on her son to see if he's dating anybody yet).

But when Vera wakes up one morning to find a dead man in the middle of her tea shop, it's going to take more than a strong Longjing to fix things. Knowing she'll do a better job than the police possibly could – because nobody sniffs out a wrongdoing quite like a suspicious Chinese mother with time on her hands – Vera decides it's down to her to catch the killer.

*Solving a mystery isn't  
everyone's cup of tea...*



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Jesse Sutanto



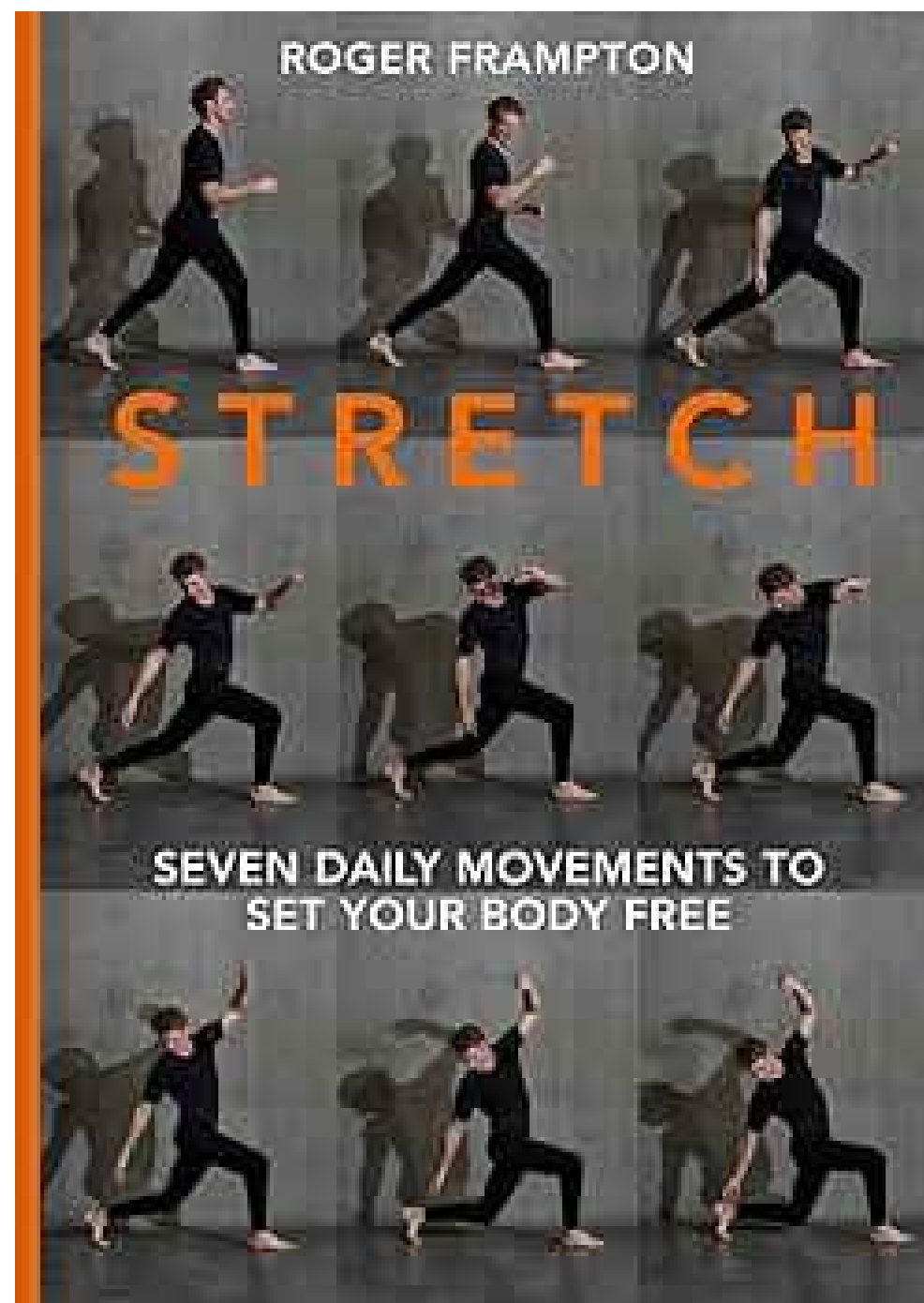
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# STRETCH

Roger Frampton

In **STRETCH**, professional movement coach Roger Frampton is here to tell you that flexibility and mobility should really be likened to brushing your teeth daily, on waking up and before you sleep. His TED Talk “Why Sitting Down Destroys You” has been viewed over 3 million times and his revolutionary approach to functional fitness emphasises the importance of conscious movement. Combining light bodyweight exercises, gentle twists and elongating stretches, **STRETCH** is a daily programme of seven essential movements (with three variations of each) to help combat the key areas of the body that have lost functionality, improve overall wellbeing and fight the negative effects of a sedentary lifestyle. All without a gym membership.



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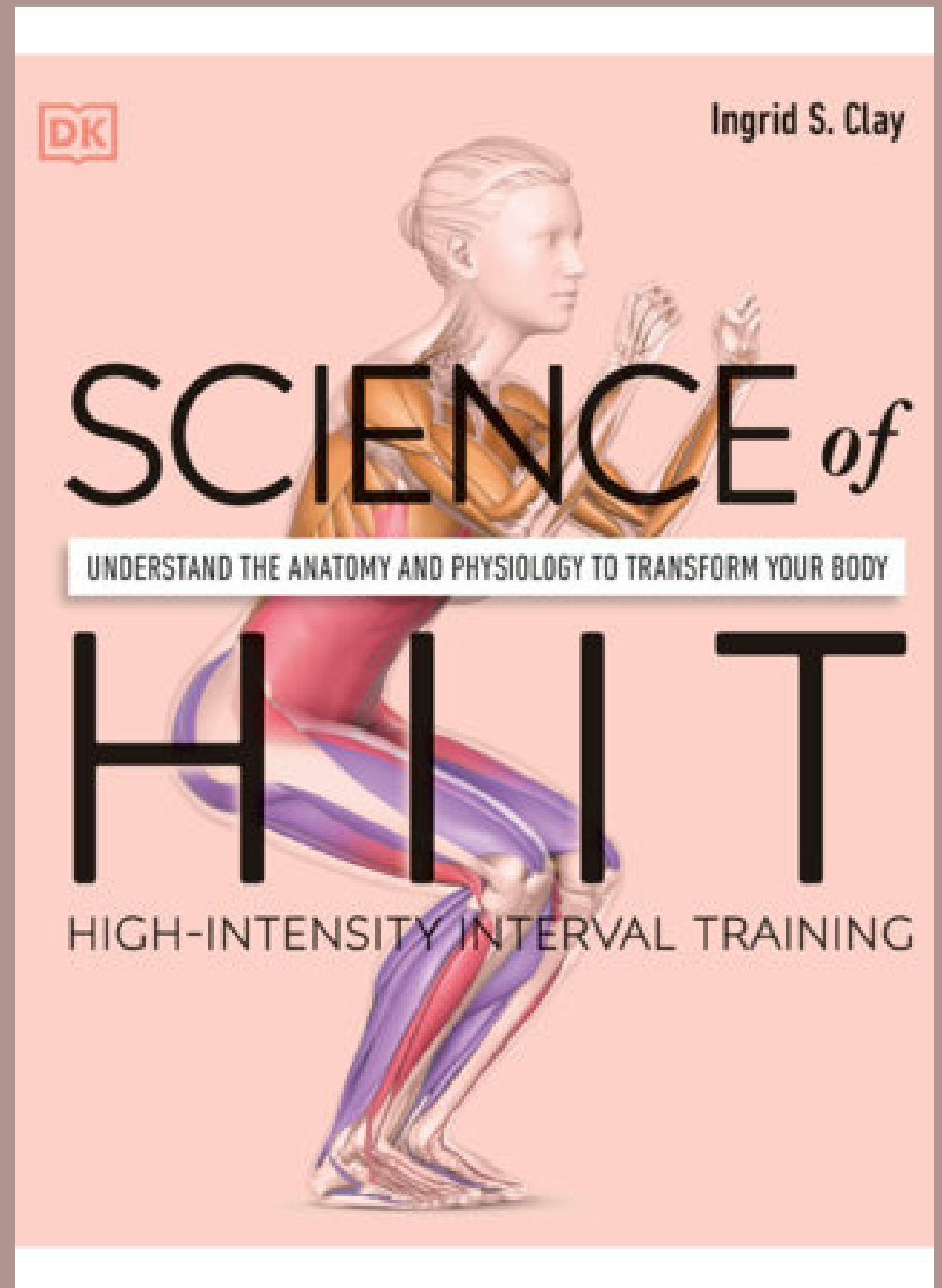
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# SCIENCE OF HIIT

Ingrid S Clay

Get ready to break a serious sweat with this scientific guide to HIIT training! Discover everything you need to know to achieve the best results from your HIIT workouts by understanding the muscle action needed to perfect each exercise.



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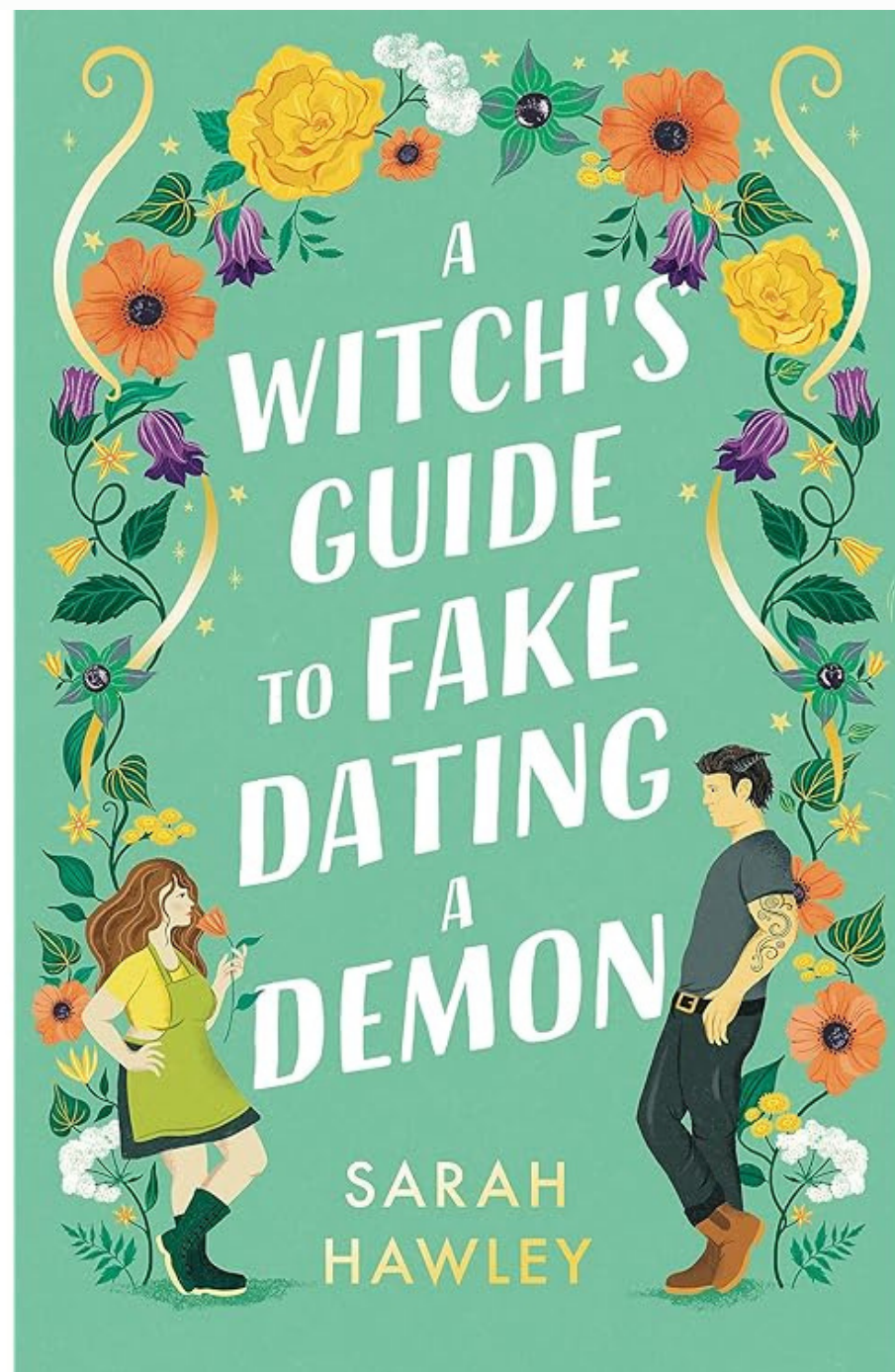
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# WITCH'S GUIDE TO FAKE DATING A DEMON

Sarah Hawley

Mariel Spark is prophesied to be the most powerful witch seen in centuries of the famed Spark family, but to the displeasure of her mother, she prefers baking to brewing potions and gardening to casting hexes. When a spell to summon flour goes very wrong, Mariel finds herself staring down a demon - one she inadvertently summoned for a soul bargain.

Ozroth the Ruthless is a legend among demons. Powerful and merciless, he drives hard bargains to collect mortal souls. But his reputation has suffered ever since a bargain went awry - if he can strike a deal with Mariel, he will earn back his deadly reputation. Ozroth can't leave Mariel's side until they complete a bargain, which she refuses to do (turns out some humans are attached to their souls).



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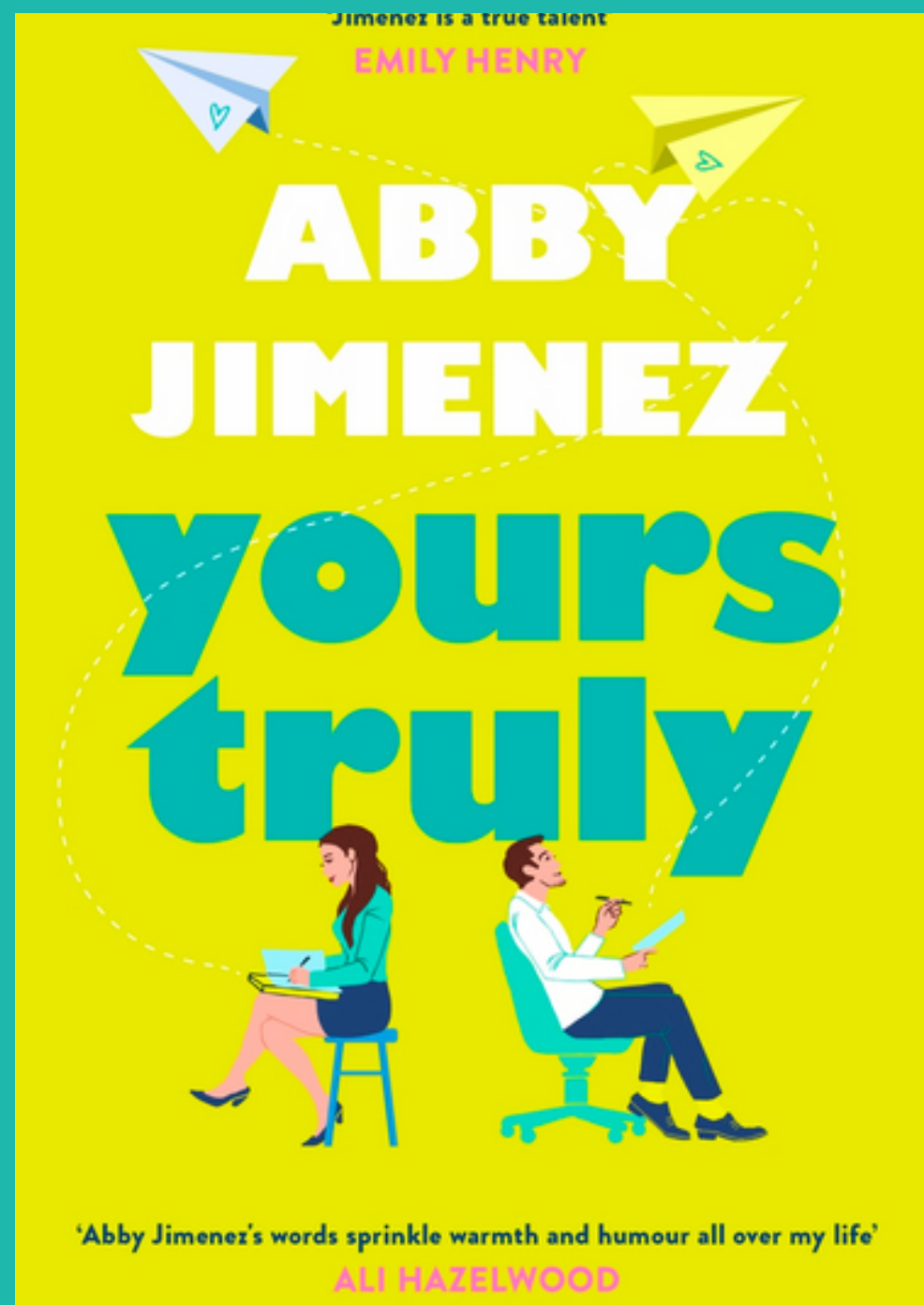
# YOURS TRULY

Abby Jimenez

Dr Briana Ortiz's life is seriously flatlining. Her divorce is just about finalised, her brother's running out of time to find a kidney donor, and that promotion she wants . . . ? Oh, that's probably going to the new man-doctor who's already registering eighty-friggin'-seven on Briana's 'pain in my ass' scale.

But just when all systems are set to hate, Dr Jacob Maddox completely flips the game . . . by sending Briana a letter. It's a really good letter. Like the kind that proves that Jacob isn't actually Satan. Worse, he might be this fantastically funny and subversively likeable guy who's terrible at first impressions. Because suddenly he and Bri are exchanging letters, sharing lunch dates in her 'sob closet' and discussing the merits of freakishly tiny horses.

When Jacob turns out to be the perfect donor for her brother, Bri starts to realise that this quietly sexy new doctor might just be her perfect match, too.



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# THE TRUE LOVE EXPERIMENT

Christina Lauren

Felicity 'Fizzy' Chen is lost. Sure, she has an incredible career as a beloved romance novelist with numerous bestsellers to her name, but when she's asked to give a commencement address, it hits her: she hasn't been practising what she's preached.

She hasn't been in love. In lust? Sure. But that swoon-worthy, can't-stop-thinking-about-him, all-encompassing feeling? Nope. And suddenly the optimism she's encouraged in her readers starts to feel like a lie.

Connor Prince, documentary filmmaker and single father, loves that his work allows him to live near his daughter. Then his profit-minded boss orders him to create a reality TV show, putting it all in jeopardy. Desperate to find his romantic lead, a chance run-in with an exasperated Fizzy offers Connor the perfect solution. What if he could show the queen of romance herself falling head-over-heels? But when production on *The True Love Experiment* begins, Connor wonders if that perfect match will ever be in the cue cards for him too.



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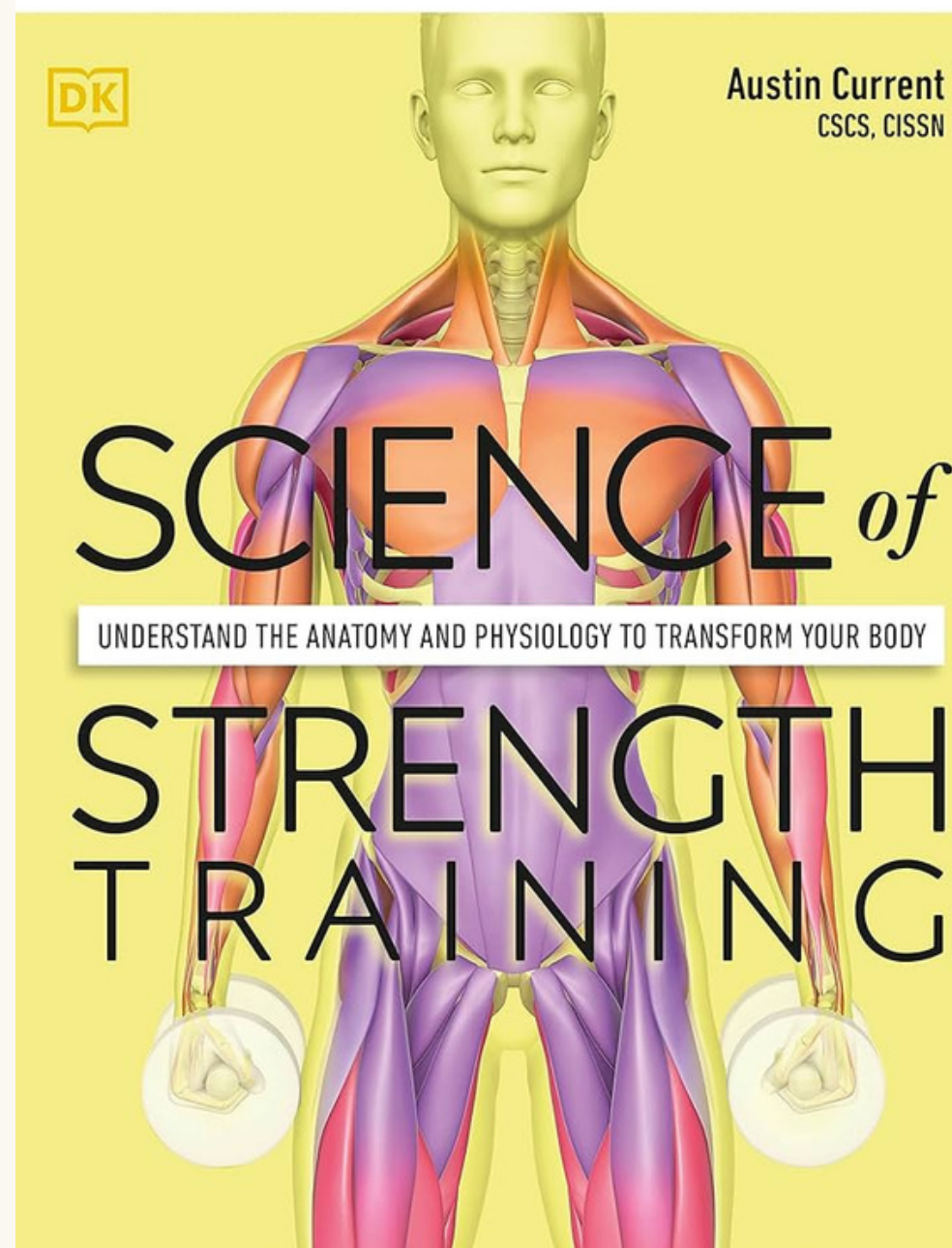
# SCIENCE OF STRENGTH TRAINING

Austin Current

Packed with research and exercises that support you to build your strongest body - at home or in the gym. Is it time to lose weight, tone and sculpt, gain muscle and speed up your metabolism?

This book gives you practical advice on how to do just that.

It also gives you valuable insight into how nutrition and exercise can improve your health. Inside the pages of this strength training book, you'll discover:- The physiology and benefits of strength training - Workout plans for beginners, enthusiasts, and personal trainers- The hard dietary science that debunks common myths and important information to properly fuel your body- Depictions of 33 exercises: how to perfect them, common mistakes, and the benefits of eachIn this book, author Austin Current takes readers through the science of strength training, weight loss, nutrition and overall health.



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