

Read Book Im Swearing By The
Hygge Manifesto A Cup Of Jo

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From a young age, Lucy Nichol has always been on edge. Whether it's because of her fear of beards, a general sense that she can catch a disease from anything, or the belief that she's going to throw up at any given moment, she's never really felt safe. In A Series of Unfortunate Stereotypes, Lucy explores the

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different lenses through which she – and other people – have viewed her mental health problems. She tackles a number of different stereotypes placed on people living with mental illness, including the idea that they are narcissists, hypochondriacs, and psychos. After writing a blog post about her journey, Lucy realised that she wasn't alone in feeling this way. And so she began to talk more about her experience, eventually becoming a

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columnist in Sarah Millican's magazine Standard Issue. In writing about her life in such an open way, Lucy has been able to claw her way out of her anxiety. A Series of Unfortunate Stereotypes is one of the most fortunate things you could read!

A follow-up to the successful 'The ScandiKitchen' (published September 2015), this new book from Brontë Aurell features over 60 recipes

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for cakes, bakes and treats from all over Scandinavia. From indulgent cream confections to homely and comforting fruit cakes and traditional breads, sweet buns and pastries.

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. -----

----- To me, hygge is: - Meeting my sister for a walk in

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the park, chatting,
laughing and clowning
around, as if we were
children again. -

Listening to the rain on
the roof with a cup of
tea and my boyfriend
next to me. - Drinking
wine in my mum's garden
- Enjoying a cup of
coffee with good
friends, that becomes a
dinner, that becomes a
late-night drink,
because no one wants the
evening to end. -----

Though we all know the
feeling of hygge

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instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Söderberg - star of BBC 4's *1864* - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both

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comfortable and cheering
all year round, this
book is the easy way to
introduce hygge into
your life. 'Pretty,
homey and intimate,
scattered with
reflections from
ordinary Danes' Guardian
"What a gift to new and
expecting moms. You have
no idea the mountain and
rollercoaster you're
about to embark on, but
Nurture somehow gives
you a peek in and gives
you essential
information to help
ground you." –Catherine

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McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from

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the beginning months of pregnancy to the baby's first weeks. This empowering book includes:

- Supportive self-care and mindfulness exercises,
- trimester-specific holistic remedies,
- nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment.
- More than 40 charming and helpful illustrations, charts, and lists can be found throughout.
- Dozens of important topics that

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every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a

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thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie

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Claire.

Hygge

Erotic Stories for

Punjabi Widows

The Art of Arranging

Yourself in the World

A Novel

Batdad

Yeah, No. Not Happening.

Hygge (pronounced 'hu-gah') is a Danish word that describes the feeling of being cosy, comfortable and at peace with the world. It's almost impossible to translate into English, and it's probably the reason that Denmark is one of the happiest countries in the world. The Art of Hygge is packed with recipes to warm you on a cold

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winter's evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Whether it's a perfectly brewed cup of coffee, a delicious Danish apple cake shared with friends, or a snugly hand-knitted jumper, you'll find that a little hygge brings a lot of happiness! So, it turns out things can get even shitter. Who knew? Er, we did, sadly. Still: you have to laugh. You, like, have to. So let's!

Featuring: Oh, Jeremy Corbyn; Danny Dyer turning out to be good; Fortnite; Hipster pies; The Independent Group; Reviews for items on supermarket delivery

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sites; Even Mark Zuckerberg saying the Internet needs regulating; New football stadiums; Old football stadiums; Feeling a bit sorry for Theresa May; Elon Musk; Christopher Nolan films that aren't Memento; TED Talks; Irish passports - this year's must-have accessory!; Airbnb obsessives; Woke one-upmanship; Vladimir Putin; How many f*cking platforms am I supposed to have to pay for just to watch the f*cking telly?

The author of the acclaimed, bestselling *In Praise of Difficult Women* delivers a hilarious feminist manifesto that encourages us to reject “self-

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improvement” and instead learn to appreciate and flaunt our complex, and flawed, human selves. Why are we so obsessed with being our so-called best selves? Because our modern culture force feeds women lies designed to heighten their insecurities: “You can do it all—crush it at work, at home, in the bedroom, at PTA and at Pilates—and because you can, you should. We can show you how!” Karen Karbo has had enough. She’s taking a stand against the cultural and societal pressures, marketing, and media influences that push us to spend endless time, energy and money

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trying to “fix” ourselves—a race that has no finish line and only further increases our sense of self-dissatisfaction and loathing.

“Yeah, no, not happening,” is her battle cry. In this wickedly smart and entertaining book, Karbo explores how “self-improvement” evolved from the provenance of men to women. Recast as “consumers” in the 1920s, women, it turned out, could be seduced into buying anything that might improve not just their lives, but their sense of self-worth.

Today, we smirk at Mad Men-era ads targeting 1950s housewives—even while savvy marketers, aided and abetted by

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social media “influencers,” peddle skin care “systems,” skinny tea, and regimens that promise to deliver endless happiness. We’re not simply seduced into dropping precious disposable income on empty promises; the underlying message is that we can’t possibly know what’s good for us, what we want, or who we should be.

Calling BS, Karbo blows the lid off of this age-old trend and asks women to start embracing their awesomely imperfect selves.

There is no one more dangerous than a woman who doesn’t care what anyone thinks of her. Yeah, No, Not Happening is a call to arms to build a posse of

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dangerous women who swear off self-improvement and its peddlers. A welcome corrective to our inner-critic, Karbo's manifesto will help women restore their sanity and reclaim their self-worth. The world moves fast, but that doesn't mean we have to. In this bestselling mindfulness guide, a renowned Buddhist meditation teacher born in Korea and educated in the United States illuminates a path to inner peace and balance amid the overwhelming demands of everyday life.

Nurture

ScandiKitchen: Fika and Hygge

The Art of Hygge

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Love Bites

The Revenge Playbook

Ava Gardner: The Secret Conversations

Though one in four pregnancies ends in loss, miscarriage is shrouded in such secrecy and stigma that the woman who experiences it often feels deeply isolated, unsure how to process her grief. Her body seems to have betrayed her. Her confidence in the goodness of God is rattled. Her loved ones don't know what to say. Her heart is broken. She may feel guilty, ashamed, angry, depressed, confused, or alone. With vulnerability and tenderness, Adriel Booker

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shares her own experience of three consecutive miscarriages, as well as the stories of others. She tackles complex questions about faith and suffering with sensitivity and clarity, inviting women to a place of grace, honesty, and hope in the redemptive purposes of God without offering religious clichés and pat answers. She also shares specific, practical resources, such as ways to help guide children through grief, suggestions for memorializing your baby, and advice on pregnancy after loss, as well as a special section for dads and loved ones.

***Reese Witherspoon's Book Club Pick* A lively, sexy, and**

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thought-provoking East-meets-West story about community, friendship, and women's lives at all ages—a spicy and alluring mix of Together Tea and Calendar Girls. Every woman has a secret life . . . Nikki lives in cosmopolitan West London, where she tends bar at the local pub. The daughter of Indian immigrants, she's spent most of her twenty-odd years distancing herself from the traditional Sikh community of her childhood, preferring a more independent (that is, Western) life. When her father's death leaves the family financially strapped, Nikki, a law school dropout,

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impulsively takes a job teaching a "creative writing" course at the community center in the beating heart of London's close-knit Punjabi community. Because of a miscommunication, the proper Sikh widows who show up are expecting to learn basic English literacy, not the art of short-story writing. When one of the widows finds a book of sexy stories in English and shares it with the class, Nikki realizes that beneath their white dupattas, her students have a wealth of fantasies and memories. Eager to liberate these modest women, she teaches them how to express their untold stories, unleashing

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creativity of the most unexpected—and exciting—kind. As more women are drawn to the class, Nikki warns her students to keep their work secret from the Brotherhood, a group of highly conservative young men who have appointed themselves the community's "moral police." But when the widows' gossip offers shocking insights into the death of a young wife—a modern woman like Nikki—and some of the class erotica is shared among friends, it sparks a scandal that threatens them all. Sixteen-year-old Amy, her cousin Ben, and Teddy, longtime friends until the

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previous summer, must put aside their differences and confront truths that tie their families to tragedy when Teddy's sister disappears in River Run, Kentucky.

Love Bites is a collection of thirteen stories set in Europe and North America. They trace foreigners, drifters and eccentrics linked by their need for acknowledgment and belonging. How do these characters survive physically and psychologically on unfamiliar ground whether as tourists, or strangers in new cities or in new situations which jolt them out of the security of the familiar? Recurring themes are of isolation, loss, and a desire

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for connection when strangers reach out to other strangers for stability. A mysterious older woman and an alienated foreigner lost on a crowded London street, bond in their search for home. A single woman consults a soothsayer in London about family problems before he lures her into his own conflict. An acting student steps into a dusty music hall past when she auditions for 'the star-maker'. A former life model and her overgrown son prey on a Canadian tourist in a Parisian garden. Interconnected scenes in Montreal, Paris and Toronto are linked by bizarre accidents and those who

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witness them. An elementary school boy, fascinated by his elderly neighbor, adopts the Candyman as an absent father. A woman, left by her partner in Paris wakes up with a phantom appendage and wanders Paris as a hermaphrodite. A honeymooning couple, marooned on a remote Hawaiian island, is forced to strip for their survival. An expat escapes into a new life in Paris until her ex-boyfriend reappears, reminding her of the impact of loss. An elderly woman, suffering from dementia is nearly eaten to death by her beloved pets running rampant in her home. Love Bites reveals a

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kaleidoscope of human experience wherein the reader is enticed into tales of everyday exiles, witnesses, and saviors. Despite emotional or geographical displacement, the characters in this collection all have one thing in common: their need to find home.

Star Bright

How I Found Happiness

Swearing Off Self-

Improvement and Saying F*ck

It All—and How You Can Too

Embracing the Dutch Art of

Doing Nothing

Naming and Shaming Mental

Health Stigmas

Beartown

Word Perfect

**** NOW WITH A NEW CHAPTER * 'A***

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hugely enjoyable romp through the pleasures and pitfalls of setting up home in a foreign land.' - Guardian Given the opportunity of a new life in rural Jutland, Helen Russell discovered a startling statistic: Denmark, land of long dark winters, cured herring, Lego and pastries, was the happiest place on earth. Keen to know their secrets, Helen gave herself a year to uncover the formula for Danish happiness. From childcare, education, food and interior design to SAD and taxes, The Year of Living Danishly records a funny, poignant journey, showing us what the Danes get right, what they get wrong, and how we might all live a little more Danishly ourselves. In this new edition, six years on Helen reveals how her life and family have changed, and explores how Denmark, too – or her understanding of it – has shifted. It's a messy and flawed place, she concludes – but can still be a model for a better way of

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living.

An ex-cop chases after a relic and a rogue priest: “They don’t come much tougher than Ken Bruen’s Irish roughneck, Jack Taylor.” —The New York Times Book Review Jack Taylor is recovering from a mistaken medical diagnosis and a failed suicide attempt. Now that he’s going to live after all, he’s going to need money, so using his ex-Garda credentials he manages to land a job as a night-shift security guard. But his Ukrainian boss has Jack in mind for a bit of off-the-books work. He wants Jack to find what some claim to be the first true book of heresy, the famously blasphemous “Red Book,” currently in the possession of a rogue priest hiding out in Galway after fleeing a position at the Vatican. Despite Jack’s distaste for priests of any stripe, the money is too good to turn down. Then Em, the many-faced woman who’s had a vise on Jack’s heart and mind for the past two

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years, reappears and turns out to be entangled with the story of the Red Book, too—leading Jack down ever more mysterious and lethal pathways—in this “dark and often hilarious” series by an author who’s won the Shamus, Macavity, and Barry Awards and been an Edgar Award finalist (Toronto Star). “Bruen is in top form, and, although everything Taylor touches seems to turn to ash, he embodies such humanity that readers will be unable to resist rooting for him.” —Publishers Weekly (starred review) “The most mannered prose since the glory days of James Ellroy.”

—Kirkus Reviews

Forty very short stories that reimagine the genre of crime writing from some of today’s most imaginative and thrilling writers “An intriguing take on crime/noir writing, this collection of 40 very short stories by leading and emerging literary voices—Amelia Gray, Brian Evenson, Elizabeth Hand, Carmen

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Maria Machado, Benjamin Percy, Laura van den Berg and more—investigates crimes both real and imagined. Despite their diminutive size, these tales promise to pack a punch.” —Chicago Tribune, 1 of 25 Hot Books for Summer Tiny Crimes gathers leading and emerging literary voices to tell tales of villainy and intrigue in only a few hundred words. From the most hard-boiled of noirs to the coziest of mysteries, with diminutive double crosses, miniature murders, and crimes both real and imagined, Tiny Crimes rounds up all the usual suspects, and some unusual suspects, too. With illustrations by Wesley Allsbrook and flash fiction by Carmen Maria Machado, Benjamin Percy, Amelia Gray, Adam Sternbergh, Yuri Herrera, Julia Elliott, Elizabeth Hand, Brian Evenson, Charles Yu, Laura van den Berg, and more, Tiny Crimes scours the underbelly of modern life to expose the criminal, the

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illegal, and the depraved.

The perfect recipe for hygge: make a hot chocolate, draw the curtains, snuggle under a blanket and read your way to happiness! It's autumn in Yulethorpe and everyone is gloomy. It's cold, drizzly and the skies are permagrey. The last shop on the high street - an adorable little toy shop - has just shut its doors. Everything is going wrong for Yulethorpe this autumn. Until Clara Kristensen arrives. Clara is on holiday but she can see the potential in the pretty town, so she rolls up her sleeves and sets to work. Things are looking up until Joe comes to Yulethorpe to find out exactly what is going on with his mother's shop. Joe is Very Busy and Important in the City and very sure that Clara is up to no good. Surely no one would work this hard just for the fun of it? Can a man who answers emails at 3 a. m. learn to appreciate the slower, happier, hygge things in life - naps, candles, good friends and

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*maybe even falling in love? Rosie Blake is Brilliantly fun - Heat Just brilliant - Fabulous magazine Hilarious - Hello **** Reviewers love The Hygge Holiday 'Feel-good fiction at its absolute finest' - Isabelle Broom, Heat 'The most gorgeous read' - Sun 'What a wonderful book! Rosie Blake's best novel yet - I had such a gorgeous time reading this story that I couldn't put it down. It was genuinely funny, warm-hearted, and full of unforgettable characters. A pure heartwarming pleasure of a read.' - bestselling author Kirsty Greenwood Light the scented candles and hunker down on the sofa with a hot choc... this funny, warm hug of a book is the ideal companion. - Fabulous magazine 'The Hygge Holiday is hilarious, cosy, heart-warming, fulfilling; pretty much everything you would want from a book... An absolutely phenomenal tale from the incredibly talented Rosie Blake... Be prepared to devour The Hygge*

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Holiday in one sitting. Be prepared to love this book, because yes, it truly is THAT fabulous. Five stars for sure.' - *The Writing Garnet 'I loved it' - Heidi Swain, author of Mince Pies and Mistletoe at the Christmas Market*

How I Rebooted and Recharged My Life by Doing Something New Every Day

Guilt Trip

The Shitshow

How to Create a Happy Home

The Hygge Holiday

Series of Unfortunate Stereotypes

Exploring the many moods of the Danish capital. From the narrow twisting streets of the old town centre to the shady docklands, this rich anthology captures the essence of Copenhagen and its many faces. Through seventeen tales by some of the very best of Denmark's writers past and present, we travel the length

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and breadth of the Danish capital examining famous sights from unique perspectives. A guide book usefully informs a new visitor to Copenhagen but these stories allow the reader to experience the city and its history from the inside.

Sharing all he has learned from running the famously warm and welcoming five-star Park Hotel in Kenmare, Francis Brennan ' s third book contains everything you need to know to create a happy home. While modern life can be busy and stressful, a tidy, orderly place for you and your family to come home to can be the perfect antidote to a chaotic world. From decluttering and storage tips, to the art of folding and arranging cushions, to making your own home-made cleaning products and other simple home hacks, with Francis '

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tips and tricks you can truly relax, knowing that the silver is polished, the napkins are laundered and the sofas are cosy and clean!

A candid self-portrait of the late film legend's golden-era Hollywood life traces her impoverished childhood in North Carolina through the heights of her career, sharing unflinching coverage of her relationships with such figures as Mickey Rooney, Frank Sinatra and George C. Scott. 150,000 first printing.

The Hygge Holiday The warmest, funniest, cosiest romantic comedy of the year Sphere

Uncovering the Secrets of the World ' s Happiest Country

Inspector Singh Investigates: A Most Peculiar Malaysian Murder

Grieving with Hope after Miscarriage and Loss

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Grace Like Scarlett

A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body

"When Blake Wilson bought a Batman mask on a whim while shopping with his kids, he had no idea that the short video he filmed of himself wearing it on his way home would be viewed by millions and launch the start of an alter ego: BatDad. Soon, Blake was using Batman's gruff voice and nihilistic outlook to dispense parental advice on everything from nose-picking to homework in videos that attracted a massive following and global media attention. In BatDad, he'll offer that same style of advice through photos that capture the spirit and humor of the

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videos. Much like the bestselling Darth Vader and Son, BatDad's gifty package will be perfect for Father's Day and those everyday superheroes--aka parents--everywhere!"--

The New York Times bestselling author of Happens Every Day, Isabel Gillies, presents a fresh and inspiring look at the subtle art of cozy—part manifesto, part lifestyle guide, part memoir—that shows fans of The Little Book of Hygge that true comfort comes from within. When we talk about being cozy, most of us think of a favorite sweater or a steaming cup of tea on a rainy day. But to Isabel Gillies, coziness goes beyond mere objects. To be truly cozy, she argues, means learning to identify the innermost truth of yourself and carrying it into the

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world, no matter your environment. Starting when she was young, Gillies has gradually learned the art and subtle beauty of creating a life where you feel safe, steadied, and at home in the world. From old family recipes and subway rides to jury duty and hospital stays, in *Cozy* Gillies shows readers that true ease stems not with throw pillows and a candle, but from opportunities to feel that we are part of something bigger than ourselves, and learn to make ourselves at home no matter where we are. Simple choices can make a hectic life or an uncomfortable situation just a little more comfortable—you just have to know what to do. Just as Marie Kondo offered a philosophy for how to tidy, Gillies offers a new way of occupying

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the spaces we live in. Starting with yourself, then broadening to your home, your community, and the world at large, Cozy will show you how to bring the truth of who you are into any situation, easy or challenging. As Gillies says, “Cozy isn’t something that just exists. You have to make cozy happen.” Written with profound warmth and featuring hand-drawn illustrations, this wise, necessary book is call to action for each of us to seek out those often-missed opportunities to care for ourselves, and to begin living a more intimate and authentic life.

A New York Times Best Mystery of the Year: A hard-drinking detective deals with double murder and an elusive vigilante. After much tragedy and violence, Jack Taylor has at long

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last landed at contentment. Of course, he still knocks back too much Jameson and dabbles in uppers, but he has a new woman in his life, a freshly bought apartment, and little sign of trouble on the horizon—until a wealthy Frenchman comes to him with a request to investigate the double murder of his twin sons. Jack is meanwhile roped into looking after his girlfriend's nine-year-old, and is in for a shock with the appearance of a character out of his past. The plot is one big chess game and all of the pieces seem to be moving at the behest of one dangerously mysterious player: a vigilante called "Silence," because he's the last thing his victims will ever hear. This new novel filled with suspense and pitch-dark humor comes from a Shamus

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Award-winning author who's been called "hard to resist, with his aching Irish heart, silvery tongue, and bleak noir sensibility" (The New York Times Book Review). "The Godfather of the modern Irish crime novel."—Irish Independent

Don't get mad, get even! In this poignant and hilarious novel, Rachael Allen brilliantly explores the nuances of high school hierarchies, the traumas sustained on the path to finding true love, and the joy of discovering a friend where you least expect. In the small town of Ranburne, high school football rules and the players are treated like kings. How they treat the girls they go to school with? That's a completely different story. Liv, Peyton, Melanie Jane, and Ana each have their

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own reason for wanting to teach the team a lesson—but it's only when circumstances bring them together that they come up with the plan to steal the one thing the boys hold sacred. All they have to do is beat them at their own game.

The Ghosts of Galway

Wedding Toasts I'll Never Give

A Manifesto for Living Your Best Life

Comforting cakes and bakes from

Scandinavia with love

The Year of Living Danishly

Francis Brennan's Book of Household

Management

A new book by two of the biggest

powerhouses in positive

psychology and personal

development - Dr Andy Cope and

Professor Paul McGee Happiness.

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We chase it, we crave it...it's so in demand... yet so scarce and fleeting. But here's the good news. In *The Happiness Revolution: A Manifesto For Living Your Best Life*, bestselling authors Dr Andy Cope and Professor Paul McGee deliver a page-turning self-help book of the times, for the times. As the world wakes up to a new kind of normal, *The Happiness Revolution* challenges readers to sign up to an uprising of wellbeing and to making the most of the privilege of being on this planet. The book outlines a 10-point Happiness Manifesto. Grounded in the science of human flourishing and the reality of life, the principles

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are simple, do-able and above all make a difference not only to yourself but to others too. Let the fight back to mental wealth start right here. Welcome to global domination of the happiness kind! Discover: How to regain your sanity, clarity, and wellbeing, even when your smartphone, kids, spouse, job, and possessions seem to be conspiring to keep you from doing just that. Why it can be so hard to maintain a happy outlook when the outside world has never been so fast, complex, and unpredictable. How to be at your best in a world that is doing its worst. Happiness is the #1 thing you want for yourself and your family. The Happiness Revolution

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is an indispensable guide for everyone trying to live their best life and to spread some happiness whilst doing so. Rise Up and Be Happy! Vive la revolution!

Questioning her happily single status in the wake of a marriage proposal on her 50th birthday, Libby Carson reconnects with her high-school sweetheart and is astonished to realize how much she still cares for him, a situation that culminates in soul-searching and difficult choices. Original. A first novel. 50,000 first printing. Meet Inspector Singh: a fat, slightly bumbling, but truly lovable detective sure to charm readers of The No.1 Ladies Detective Agency Inspector Singh

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is in a bad mood. He's been sent from his home in Singapore to Kuala Lumpur to solve a murder that has him stumped. Chelsea Liew—the famous Singaporean model—is on death row for the murder of her ex-husband. She swears she didn't do it, he thinks she didn't do it, but no matter how hard he tries to get to the bottom of things, he still arrives back at the same place—that Chelsea's husband was shot at point blank range, and that Chelsea had the best motivation to pull the trigger: he was taking her kids away from her. Now Inspector Singh must pull out all the stops to crack a crime that could potentially free a beautiful and innocent woman and

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reunite a mother with her children. There's just one problem—the Malaysian police refuse to play ball.

A smart, witty novel of driving lessons and vertigo, short-listed for the Man Booker International Prize Sonja is ready to get on with her life. She's over forty now, and the Swedish crime novels she translates are losing their fascination. She sees a masseuse, tries to reconnect with her sister, and is finally learning to drive. But under the overbearing gaze of her driving instructor, Sonja is unable to shift gears for herself. And her vertigo, which she has always carefully hidden, has begun to manifest at the worst possible

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moments. Sonja hoped her move to Copenhagen years ago would have left rural Jutland in the rearview mirror. Yet she keeps remembering the dramatic landscapes of her childhood—the endless sky, the whooper swans, the rye fields—and longs to go back. But how can she return to a place that she no longer recognizes? And how can she escape the alienating streets of Copenhagen? In *Mirror, Shoulder, Signal*, Dorthe Nors brings her distinctive blend of style, humor, and insight to a poignant journey of one woman in search of herself when there's no one to ask for directions.

Where Secrets Lie

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Scandinavian Comfort Food
Mirror, Shoulder, Signal
A Celebration of Simple Pleasures.
Living the Danish Way.

This Close to Okay

My Quest to Leave the Baggage
Behind

'Susie Dent is a one-off.
She breathes life and fun
into words and language' Pam
Ayres 'Susie Dent is a
national treasure' Richard
Osman Welcome to a year of
wonder with Susie Dent,
lexicographer, logophile,
and longtime queen of
Countdown's Dictionary
Corner. From the real Jack
the Lad to the theatrically
literal story behind
stealing someone's thunder,

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from tartle (forgetting someone's name at the very moment you need it) to snaccident (the unintentional eating of an entire packet of biscuits), WORD PERFECT is a brilliant linguistic almanac full of unforgettable stories, fascinating facts, and surprising etymologies tied to every day of the year. You'll never be lost for words again.

Feeling stuck? Veteran journalist and cancer survivor Lu Ann Cahn was feeling angry and frustrated. The economy was tanking. Her job was changing. In a word, she felt "stuck." Something had

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to change. Her daughter helped convince her to start a "Year of Firsts." For the next 365 days, Cahn made a point of doing something she had never done before, every day. Before she knew it, her whole perspective on life had changed. In this inspiring book, Lu Ann recounts how a new "first" everyday brought excitement and wonder back into her world. And more than that, she helps readers see how they can do it too. •

Participate in a Polar Bear Plunge • Speak to a complete stranger on the street • Zip-line across a crocodile-infested Mexican lake • Spend a day in a wheelchair

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- Learn to Hula Hoop

Stella Spencer has one enemy-her secrets.The world's obsession with the Bright Young Things is real. Every lavish party thrown by the most exclusive group in New York is a spectacle, stalked not only by the media, but by the police commissioner, who's declared war. He's out to ruin everyone's good time, starting with uncovering the mysterious benefactor leading the group, thus answering the question on everyone's lips.Who is Cecelia Beaton?And no one knows it's Stella.If society finds out the truth, her plans will unravel. And with one

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smoldering look from a stranger, her carefully ordered world catches fire. Levi Hunt has one plan: get the story. His future at Vagabond magazine depends on his ability to do the one thing no one can: infiltrate the Bright Young Things. If he can find out who Cecelia Beaton is, he'll earn enough notoriety to permanently secure his career. His dreams are at his fingertips, so long as he doesn't blow his cover. But one night with the brightest, most brilliant young thing of all, and he knows he'll have to make a choice. The job he loves or the woman of his dreams. Secrets and lies.

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Love and laughter. And two people with something to hide and everything to gain. Welcome to the party. The other side of the seaside: With 22 countries sharing almost 30,000 miles of coastline, there is no one place or person that can exemplify Mediterranean living. Issue Forty-One of Kinfolk beats an unconventional path—from Tunis to Tuscany, Morocco to Mallorca—to meet the artists, cooks and cowboys at the heart of their local communities.

An 'Is It Just Me Or Is Everything Shit?' Special
The Things You Can See Only When You Slow Down

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Copenhagen Tales

Niksen

In the Galway Silence

Cozy

Cosy up in front of a fire and discover Christmas the Norwegian way...full of romance, cosy traditions and hygge!

The Scandinavians excel in comfort – family, friends, a good atmosphere, long meals, relaxation and an emphasis on simple pleasures. They even have a word for this kind of cosiness that comes with spending quality time in hearth and home when the days are short: hygge. Trine Hahnemann is the doyenne of Scandinavian

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cooking and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

BOOK OF THE MONTH
DECEMBER PICK * GOOD
HOUSEKEEPING BOOK CLUB
FEBRUARY PICK * MARIE
CLAIRE BOOK CLUB MARCH
PICK * MOST ANTICIPATED BY
ELLE, TODAY (ACCORDING
TO GOODREADS), THE
MILLIONS, SHEREADS, AND
REAL SIMPLE *
RECOMMENDED BY

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REFINERY29, SHONDALAND, OPRAH DAILY, GLAMOUR, COSMOPOLITAN, ELECTRIC LITERATURE, BOOKRIOT, PARADE, HARPER'S BAZAAR, AND MORE A powerful, vibrant novel about the life-changing weekend shared between two strangers, from the award-winning writer Roxane Gay calls "a consummate storyteller." On a rainy October night in Kentucky, recently divorced therapist Tallie Clark is on her way home from work when she spots a man precariously standing at the edge of a bridge. Without a second thought, Tallie pulls over and jumps out of the car into the

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pouring rain. She convinces the man to join her for a cup of coffee, and he eventually agrees to come back to her house, where he finally shares his name: Emmett. Over the course of the emotionally charged weekend that follows, Tallie makes it her mission to provide a safe space for Emmett, though she hesitates to confess that this is also her day job. What she doesn't realize is that Emmett isn't the only one who needs healing--and they both are harboring secrets. Alternating between Tallie and Emmett's perspectives as they inch closer to the truth of what brought

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Emmett to the bridge's edge--as well as the hard truths Tallie has been grappling with since her marriage ended--This Close to Okay is an uplifting, cathartic story about chance encounters, hope found in unlikely moments, and the subtle magic of human connection.

Seven essays celebrating the beauty of the imperfect marriage. We hear plenty about whether or not to get married, but much less about what it takes to stay married. Clichés around marriage—eternal bliss, domestic harmony, soul mates—leave out the real stuff. After marriage you may still want

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to sleep with other people. Sometimes your partner will bore the hell out of you. And when stuck paying for your spouse ' s mistakes, you might miss being single. In *Wedding Toasts I ' ll Never Give*, Ada Calhoun presents an unflinching but also loving portrait of her own marriage, opening a long-overdue conversation about the institution as it truly is: not the happy ending of a love story or a relic doomed by high divorce rates, but the beginning of a challenging new chapter of which “ the first twenty years are the hardest. ” Calhoun ' s funny, poignant personal essays

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explore the bedrooms of modern coupledness for a nuanced discussion of infidelity, existential anxiety, and the many other obstacles to staying together.

Both realistic and openhearted, *Wedding Toasts I ' ll Never Give* offers a refreshing new way to think about marriage as a brave, tough, creative decision to stay with another person for the rest of your life. “ What a burden, ” Calhoun calls marriage, “ and what a gift. ”

Embracing the Art of Hygge
Very Short Tales of Mystery and Murder

Tiny Crimes

I Dare Me

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The warmest, funniest, cosiest romantic comedy of the year
Christmas Island (A Very Hygge Holiday, Book 2)

A poignant story of a hockey town paralyzed by scandal. Jobs are disappearing and Beartown is slowly dying, so for its citizens, hockey is everything. This is the story not just of hockey, but of a 15-year-old named Maya Andersson, whose father, Peter, the general manager of the hockey club, loves hockey, but loves his family more. Seventeen-year-old Kevin Erdahl is the star of Beartown, with a chance to go professional. One night, after a huge win,

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Maya goes to a raucous party at Kevin's house and is thrilled at his attention, but things get out of hand, and what takes place changes Beartown forever.

'Life is not a measuring stick,' a school guidance counsellor told Kasey Edwards thirty years ago. Well, that turned out to be a lie. Now in her forties, Kasey reflects on how being a woman often feels like a test. One she flunks. From her body to her mothering skills, relationships and career, Kasey has managed to feel guilty about pretty much everything. And let's not even mention the epidural, elective caesarean

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and baby formula. Like most of us, she used to think that her 'failures' were all her fault – that she just sucked at everything. But then she realised that this whole business of being a woman has been rigged from the start. No woman ever measures up. Men have to do something really bad to be crippled by guilt. All women have to do is eat a piece of cake, raise their voice or allow their kids to play with an iPad. In *Guilt Trip*, Kasey explores the shame she shouldn't have to feel, and says out loud: 'I am not the problem here. And neither are you.' 'When I first stumbled upon Kasey's

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articles in a daily rag two years ago, all I felt was relief. Thank GOODNESS someone is saying this stuff out loud, I thought: this stuff that rattles around in our heads, unspoken, often unchallenged. Kasey's writing is thoughtful, sharp as a whip, entertaining, and in moments just plain heart-breaking. This is important and modern story telling. Thank you Kasey.' —Clare Bowditch

Candlelight is hygge; the smell of freshly brewed coffee is hygge; the feel of crisp, clean bed linen is hygge; dinner with friends is hygge. 'Hygge', pronounced 'hoo-ga', is a

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Danish philosophy that roughly translates to 'cosiness'. But it is so much more than that. It's a way of life that encourages us to be kinder to ourselves, to take pleasure in the modest, the mundane and the familiar. It is a celebration of the everyday, of sensual experiences rather than things. It's an entire attitude to life that results in Denmark regularly being voted one of the happiest countries in the world. So, with two divorces behind her and her 50th birthday rapidly approaching, journalist Charlotte Abrahams ponders whether it's hygge that's

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been missing from her life. Is it a philosophy we can all embrace? In a society where lifestyle trends tend to centre on deprivation - be it no sugar, no gluten, no possessions - what does cherishing yourself actually mean? And will it make her happy? In Hygge, Charlotte Abrahams weaves the history of hygge and its role in Danish culture with her own attempts, as an English woman, to embrace a more hygge life. In this beautifully written and stylishly designed book, she examines the impact this has on her home, her health, her relationships and, of course, her happiness. Light

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a candle, pour yourself a glass of wine, and get ready to enjoy your more hygge life.

The Dutch people are some of the happiest in the world.

Their secret? They are masters of nixen, or the art of doing nothing. Nixen is not a form of meditation, nor is it a state of laziness or boredom. It's not scrolling through social media, or wondering what you're going to cook for dinner. Rather, to niks is to make a conscious choice to sit back, let go, and do nothing at all. With this book, learn how to do nothing in the most important areas of your

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life, such as: AT HOME: Find a comfy nook and sit. No technology or other distractions. AT WORK: Stare at your computer. Take in the view from your office. Close your eyes. IN PUBLIC: Forget waiting for the bus, enjoy some relaxing nikken time. Backed with advice from the world's leading experts on happiness and productivity, this book examines the underlying science behind nikken and how doing less can often yield so much more. Perfect for anyone who feels overwhelmed, burnt out, or exhausted, NIKSEN does not tell you to work harder. Instead, it shows you how to

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take a break from all the
busyness while giving you
sincere, heartfelt
permission to do nothing.
How to Bring Danish Cosiness
Into Your Life
What More Could You Wish For
The Danish Art of Happiness
Kinfolk 41
The Happiness Revolution
Etymological Entertainment
For Every Day of the Year