

### *Mrs D Is Going Without*

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober." A bestselling modern classic—both poignant

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and funny—narrated by a fifteen year old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, Christopher's carefully constructed world

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falls apart when he finds his neighbour's dog Wellington impaled on a garden fork, and he is initially blamed for the killing.

Christopher decides that he will track down the real killer, and turns to his favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths and ultimately brings him face to face with the dissolution of his parents' marriage. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of Christopher's mind. And herein lies the key

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to the brilliance of Mark Haddon's choice of narrator: The most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. The effect is dazzling, making for one of the freshest debut in years: a comedy, a tearjerker, a mystery story, a novel of exceptional literary merit that is great fun to read.

Through journal entries, sixteen-year-old Miranda describes her family's struggle to survive after a meteor hits the moon, causing worldwide tsunamis, earthquakes, and volcanic eruptions.

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER

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THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is

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the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do

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I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Read the controversial play that caused an international sensation when it was first performed. George Bernard Shaw's Mrs. Warren's Profession takes a frank and matter-of-fact look at the world's oldest profession and makes an explicit link between the second-class citizenship that has been foisted upon women for thousands of years and the persistence of prostitution as an occupation.

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The Glass Castle

Out of My Mind

Hiroshima

Roll of Thunder, Hear My Cry

How a frantic, sugar-binging, internet-addicted, recovering-alcoholic housewife found her Zen

The Private Life of Mrs Sharma

***Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.***

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***A “perfectly executed suspense tale very much in the mode of Daphne du Maurier’s Rebecca” (The Washington Post) from the #1 New York Times bestselling author of In a Dark, Dark Wood, The Woman in Cabin 10, The Lying Game, and The Turn of the Key. On a day that begins like any other, Hal receives a mysterious letter bequeathing her a substantial inheritance. She realizes very quickly that the letter was sent to the wrong person—but also that the cold-reading skills she’s honed as a tarot card reader might help***

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***her claim the money. Soon, Hal finds herself at the funeral of the deceased...where it dawns on her that there is something very, very wrong about this strange situation and the inheritance at the center of it. Full of spellbinding menace and told in Ruth Ware's signature suspenseful style, this is a "captivating and eerie page-turner" (The Wall Street Journal) from the Agatha Christie of our time.***

***"Jackson's characters and their heart-wrenching story linger long after the final***

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***page, urging readers to advocate for those who are disenfranchised and forgotten by society and the system." (Publishers Weekly, "An Anti-Racist Children's and YA Reading List") From the critically acclaimed author of Allegedly, Tiffany D. Jackson, comes a gripping novel about the mystery of one teenage girl's disappearance and the traumatic effects of the truth. Monday Charles is missing, and only Claudia seems to notice. Claudia and Monday have always been inseparable—more sisters than friends. So***

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***when Monday doesn't turn up for the first day of school, Claudia's worried. When she doesn't show for the second day, or second week, Claudia knows that something is wrong. Monday wouldn't just leave her to endure tests and bullies alone. Not after last year's rumors and not with her grades on the line. Now Claudia needs her best—and only—friend more than ever. But Monday's mother refuses to give Claudia a straight answer, and Monday's sister April is even less help. As Claudia digs deeper into her friend's***

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***disappearance, she discovers that no one seems to remember the last time they saw Monday. How can a teenage girl just vanish without anyone noticing that she's gone? Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own. From first-time novelist Jordan Sonnenblick, a brave and beautiful story that will make readers laugh and break their hearts at the***

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***same time. Thirteen-year-old Steven has a totally normal life: he plays drums in the All-Star Jazz band, has a crush on the hottest girl in the school, and is constantly annoyed by his five-year-old brother, Jeffrey. But when Jeffrey is diagnosed with leukemia, Steven's world is turned upside down. He is forced to deal with his brother's illness and his parents' attempts to keep the family in one piece. Salted with humor and peppered with devastating realities, DRUMS, GIRLS, AND DANGEROUS PIE is a heartwarming journey***

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***through a year in the life of a family in crisis.***

***The Death of Mrs. Westaway***

***A Novel About the History of Philosophy***

***Mrs. March: A Novel***

***A Love Story***

***Sober Is the New Black***

***The Midnight Library***

*An instant New York Times bestseller “A multigenerational narrative that’s nothing short of brilliant.” –People “Simply unputdownable.” –Good Housekeeping “The perfect book club pick.” –SheReads Named a*

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*Best Book of Summer by Entertainment Weekly, Cosmopolitan, Woman's Day, PopSugar, HelloGiggles, and Refinery29*  
From Jennifer Weiner, the #1 New York Times bestselling author of *Who Do You Love* and *In Her Shoes* comes a smart, thoughtful, and timely exploration of two sisters' lives from the 1950s to the present as they struggle to find their places—and be true to themselves—in a rapidly evolving world. Do we change or does the world change us? Jo and Bethie Kaufman were born into a world full of

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*promise. Growing up in 1950s Detroit, they live in a perfect “Dick and Jane” house, where their roles in the family are clearly defined. Jo is the tomboy, the bookish rebel with a passion to make the world more fair; Bethie is the pretty, feminine good girl, a would-be star who enjoys the power her beauty confers and dreams of a traditional life. But the truth ends up looking different from what the girls imagined. Jo and Bethie survive traumas and tragedies. As their lives unfold against the background of free love*

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*and Vietnam, Woodstock and women's lib, Bethie becomes an adventure-loving wild child who dives headlong into the counterculture and is up for anything (except settling down). Meanwhile, Jo becomes a proper young mother in Connecticut, a witness to the changing world instead of a participant. Neither woman inhabits the world she dreams of, nor has a life that feels authentic or brings her joy. Is it too late for the women to finally stake a claim on happily ever after? In her most ambitious novel*

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*yet, Jennifer Weiner tells a story of two sisters who, with their different dreams and different paths, offer answers to the question: How should a woman be in the world?*

*READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE.*

*Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. In The Easy Way for Women to Stop Drinking, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging*

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that women who want to stop drinking face particular difficulties—and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: "The Allen Carr program was

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*nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times*

*Lisa Smith was a bright, young lawyer at a prestigious firm in NYC in the early nineties when alcoholism started to take over her life. What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. Girl*

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*Walks Out of a Bar* is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. *Girl Walks Out of a Bar* is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the façade of success lies the reality of addiction.

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*Mrs D is Going Without* I used to be a boozy housewife. Now I'm not. This is my book. Allen & Unwin

A debut collection of short fiction blends elements of Indian traditions with the complexities of American culture in such tales as "A Temporary Matter," in which a young Indian-American couple confronts their grief over the loss of a child, while their Boston neighborhood copes with a nightly blackout. Original. 20,000 first printing.

my year without booze  
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*The Wine O'Clock Myth*  
*Interpreter of Maladies*  
*Mrs D is Going Without*  
*Meet Mr. and Mrs. Green*  
*Monday's Not Coming*

**According to American Cancer Society, every year more than 500,000 people die from cancer. Out of those half million, 100,000 are from colon cancer. Colon cancer is one of the silent killers, but is it really silent or are we just not listening? This book is a true story about**

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**my daughter, Dorothy, in her twenties, discovering she has colon cancer and her struggle to live. When I found out that my daughter had colon cancer, I fell apart. The only way I could deal with it was to write down not just her journey, but also mine .**

**Despite outward appearances three years after getting sober Lotta is struggling to deal with life in the raw. It's becoming abundantly clear what people mean when they say putting down the drink is just**

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**the beginning. Truth is Lotta's lifelong heavy-drinking habit has left her as a fledgling emotionally. She's slowly accepting that she needs to do some more work on herself. But what? Please don't say it has to involve turning into a hippy. Can't she just comfort herself with another chocolate muffin, distract herself on Instagram, and hope for the best? It would appear not. In Mrs D Is Going Within Lotta outlines the practices she developed and strategies she worked**

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**on to start establishing herself as an emotionally robust woman.**

**The #1 New York Times bestselling  
WORLDWIDE phenomenon Winner of the  
Goodreads Choice Award for Fiction | A  
Good Morning America Book Club Pick |  
Independent (London) Ten Best Books of  
the Year "A feel-good book guaranteed to  
lift your spirits."—The Washington Post  
The dazzling reader-favorite about the  
choices that go into a life well lived, from  
the acclaimed author of How To Stop**

**Time and The Comfort Book. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these**

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**other lives truly be better? In The Midnight Library, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth**

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**living in the first place.**

**Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't**

**stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to**

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**carve out a successful life. -- From publisher description.**

**A powerful nineteenth-century French classic depicting the moral degeneration of a weak-willed woman**

**Fahrenheit 451**

**A Memoir**

**In Cold Blood**

**The Sober Diaries**

**A Wrinkle in Time**

**Mrs D is Going Within**

*Some extraordinary rats come to the aid of a mouse family in*

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*this Newbery Medal Award–winning classic by notable children’s author Robert C. O’Brien. Mrs. Frisby, a widowed mouse with four small children, is faced with a terrible problem. She must move her family to their summer quarters immediately, or face almost certain death. But her youngest son, Timothy, lies ill with pneumonia and must not be moved. Fortunately, she encounters the rats of NIMH, an extraordinary breed of highly intelligent creatures, who come up with a brilliant solution to her dilemma. And Mrs. Frisby in turn renders them a great service.*

*An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozer to self-respecting sober lady.*

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*Moms everywhere are expected to play taxi-driver to their children right? But what happens when the child is 48 million miles away on an alien planet and Mom has never been further than her own front door? Fortunately, this Martian Mom has a flying saucer and a robot named Mandy to help her, and together they voyage across the oceans of space to wash up on the shores of Loch Dribble in the Scottish Highlands up to their ankles in Myth, Legend, Fairy-tales . . . and wild Haggis. Mrs. Mc Martian Goes on Holiday, an exciting, warm, and very funny tale of high adventure that brings humour, fantasy, and science fiction into one delightful brew that readers of all ages will enjoy. Beautifully illustrated throughout by Sharon Bernacki,*

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*author of, It Happened in a Rain Forest.*

*What happens when a person looks inside and addresses old wounds that have long been denied? How does it feel to lay down deeply ingrained patterns and behaviours that are no longer helpful? How do relationships change when self-worth is restored? The answers are found in The Ember Ever There, a collection of poetry by Jean McCarthy. McCarthy believes that everyone has patterns in need of attention and healing, and suggests that the process used for recovery is transferrable to other aspects of personal growth. These poems pay homage to the pain of feeling adrift, the excitement of embarking on change, the wonder of self-awareness, the joy of connections, and the surprising grief*

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*that can arise when old ways are left behind. This book includes poems about each of the twelve steps as well as a section of song lyrics that include "I Own It," the theme song of the popular recovery podcast "The Bubble Hour."*

*'I deserve this.' 'This is my reward.' 'I'm allowed to treat myself.' Ever uttered these statements to yourself as you opened a bottle of wine at 5pm? If so, you're not alone.*

*Living Sober Trade Edition*

*A Novel*

*Mrs. Frisby and the Rats of Nimh*

*1940 Edition*

*The Easy Way for Women to Stop Drinking*

*The Lightning Thief*

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**Selected by the Modern Library as one of the 100 best nonfiction books of all time From the Modern Library's new set of beautifully repackaged hardcover classics by Truman Capote—also available are *Breakfast at Tiffany's* and *Other Voices, Other Rooms* (in one volume), *Portraits and Observations*, and *The Complete Stories* Truman Capote's masterpiece, *In Cold Blood*, created a sensation when it was first published, serially, in *The New Yorker* in 1965. The intensively researched, atmospheric narrative of the lives of the Clutter family of Holcomb, Kansas, and of the two men, Richard Eugene Hickock and Perry Edward Smith, who brutally killed them on the night of November 15, 1959, is the seminal work of the “new journalism.”**

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**Perry Smith is one of the great dark characters of American literature, full of contradictory emotions. “I thought he was a very nice gentleman,” he says of Herb Clutter. “Soft-spoken. I thought so right up to the moment I cut his throat.” Told in chapters that alternate between the Clutter household and the approach of Smith and Hickock in their black Chevrolet, then between the investigation of the case and the killers’ flight, Capote’s account is so detailed that the reader comes to feel almost like a participant in the events.**

**This is a most touching and emotional true story. of the author's battle with cancer.It is a detailed and personal account of how a very strong believer and family-oriented**

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**woman beat ovarian cancer. Although that type of cancer historically develops rapidly and has devastating effects, this true story shows how faith, family and love are a powerful force to reckon with. A must read for anyone with or without an illness! Eight years hence she is Cancer Free. It shows what faith in God can do. God is really alive and can work miracles in our lives. We just have to believe. The Author relates events when her life and financial well-being were threatened by this dreadful disease. Her strong faith in God saw her through all the trials she had to undergo during her several months of treatment. Writing this book gives her the opportunity to demonstrate to others the meaning of prayer and family unity . Eight**

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**years hence, she is now Cancer Free and wants to shout it to the world. The book serves as an inspiration for those in a similar situation to not give up but trust in god and continue fighting. She especially wants to acknowledge her loving husband who was a pillar of support throughout her ordeal.**

**Percy Jackson is about to be kicked out of boarding school...again. And that's the least of his troubles. Lately, mythological monsters and the gods of Mount Olympus seem to be walking straight out of the pages of Percy's Greek mythology textbook and into his life. Book #1 in the NYT best-selling series, with cover art from the feature film, The Lightning Thief.**

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**Renuka Sharma is a dutiful wife, mother, and daughter-in-law holding the fort in a modest rental in Delhi while her husband tries to rack up savings in Dubai. Working as a receptionist and committed to finding a place for her family in the New Indian Dream of air-conditioned malls and high paid jobs at multi-nationals, life is going as planned until the day she strikes up a conversation with an uncommonly self-possessed stranger at a Metro station. Because while Mrs Sharma may espouse traditional values, India is changing all around her, and it wouldn't be the end of the world if she came out of her shell a little, would it? With equal doses of humour and pathos, *The Private Life of Mrs Sharma* is a sharp-eyed examination of the**

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**clashing of tradition and modernity, from a dramatic new voice in Indian fiction.**

**Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses clinked and the conversation flowed. Then it became obsession. The way she hid her**

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bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. Drinking is Caroline Kapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her yeras at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our

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**times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for Drinking “Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold.”—Los Angeles Times Book Review “Filled with hard-won wisdom . . . [a] perceptive and revealing book.”—San Francisco Chronicle “Eloquent . . . a remarkable exercise in self-discovery.”—The New York Times “Drinking not only describes triumph; it is one.”—Newsweek**

**Drums, Girls, and Dangerous Pie**  
**How one woman stopped drinking and started living. By**  
**New York Times Bestseller**

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**Mrs. Everything**

**The Ember Ever There**

**The Negro Motorist Green Book**

**A Modern Fairy Tale**

**#1 NEW YORK TIMES BESTSELLER A REESE  
WITHERSPOON x HELLO SUNSHINE BOOK CLUB  
PICK A PENGUIN BOOK CLUB PICK**

*"Beautifully written and incredibly  
funny. . . I fell in love with Eleanor;  
I think you will fall in love, too!"*

*--Reese Witherspoon Smart, warm,  
uplifting, the story of an out-of-the-*

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*ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes the only way to survive is to open her heart. No one's ever told Eleanor that life should be better than fine. Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are*

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*punctuated by frozen pizza, vodka, and phone chats with Mummy. But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it is Raymond's big heart that will ultimately help Eleanor find*

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*the way to repair her own profoundly damaged one.*

*A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.*

*"I read Virginia's novel in one sitting and was so captured by it I knew I had to make it and play Mrs. March. As a character, she is fascinating, complex, and deeply human and I can't wait to sink my teeth into her." -Elisabeth*

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*Moss A Jenny Lawson "Fantastic Strangeling Book Club" Selection Oprah Daily • Best of the Month USA Today • Books Not to Miss Who is Mrs. March? George March's latest novel is a smash. No one could be prouder than his dutiful wife, Mrs. March, who revels in his accolades. A careful creature of routine and decorum, she lives a precariously controlled existence on the Upper East Side until one morning, when the shopkeeper of her favorite*

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*patisserie suggests that her husband's latest protagonist—a detestable character named Johanna—is based on Mrs. March herself. Clutching her ostrich leather pocketbook and mint-colored gloves, she flees the shop. What could have merited this humiliation? That one casual remark robs Mrs. March of the belief that she knew everything about her husband—and herself—thus sending her on an increasingly paranoid journey that*

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*begins within the pages of a book. While snooping in George's office, Mrs. March finds a newspaper clipping about a missing woman. Did George have anything to do with her disappearance? He's been going on a lot of "hunting trips" up north with his editor lately, leaving Mrs. March all alone at night with her tormented thoughts, and the cockroaches that have suddenly started to appear, and strange breathing noises . . . As she begins to decode her*

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*husband's secrets, her deafening anxiety and fierce determination threaten everyone in her wake—including her stoic housekeeper, Martha, and her unobtrusive son, Jonathan, whom she loves so profoundly, when she remembers to love him at all. Combining a Hitchcockian sensibility with wickedly dark humor, Virginia Feito, a brilliantly talented and, at times, mischievous newcomer, offers a razor-sharp exploration of the fragility of*

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*identity. A mesmerizing novel of psychological suspense and casebook insecurity turned full-blown neurosis, Mrs. March will have you second-guessing your own seemingly familiar reflection in the mirror.*

*"A new edition with a final chapter written forty years after the explosion."*

*A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small*

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brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't

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know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. *A Wrinkle in Time*, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on

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*the tesseract problem.*

*Poems on Change, Grief, Growth,  
Recovery, and Rediscovery*

*The Truth You Need to Know about Women  
and Alcohol*

*The Curious Incident of the Dog in the  
Night-Time*

*Stories*

*Madame Bovary*

The idea of "The Green Book" is to give  
the Motorist and Tourist a Guide not only

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of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or

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in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

'I'm the binge-drinking health reporter. During the week, I write about Australia's booze-soaked culture. At the weekends, I write myself off.' Booze had dominated Jill Stark's social life ever since she had her first sip of beer, at 13. She thought nothing could curb her love of big

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nights. And then came the hangover that changed everything. In the shadow of her 35th year, Jill made a decision: she would give up alcohol. But what would it mean to stop drinking in a world awash with booze? This lively memoir charts Jill's tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch the footy minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is 'a year with no mates'.

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In re-examining her habits, Jill also explores Australia's love affair with alcohol, meeting alcopop-swigging teens who drink to fit in, beer-swilling blokes in a sporting culture backed by booze, and marketing bigwigs blamed for turning binge drinking into a way of life. And she tracks the history of this national obsession: from the idea that Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship, and from the six o'clock swill that encouraged bingeing to the tangled weave

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of advertising, social pressure, and tradition that confronts drinkers today. Will Jill make it through the year without booze? And if she does, will she go back to her old habits, or has she called last drinks? This is a funny, moving, and insightful exploration of why we drink, how we got here, and what happens when we turn off the tap.

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one

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thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye

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opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse

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the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant

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she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more.

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Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired

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of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be

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possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is my story. A loving alligator couple enjoy going camping, eating pancakes, and visiting the county fair.

A Then and Now Account of Life Beyond  
Booze

High Sobriety

Drinking

Kick the Drink...Easily!

I Am Cancer Free

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Eleanor Oliphant Is Completely Fine

*One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.*

*Why Do I Have to Die*

*Girl Walks Out of a Bar*

*I used to be a boozy housewife. Now I'm not. This is my book.*

*The Author's True Story about Her Bout with Cancer*

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*Life as We Knew it*  
*Sophie's World*