

Front Roe By Louise Roe

De-clutter your closet, maximize your fashion choices, and reinvent your own personal style. Cluttered closets create cluttered lives. Too often we are left rummaging around an overflowing wardrobe, ironically at a loss for what to wear. However, owning a capsule wardrobe, which consists of a limited amount of clothing, will—believe it or not—set you free! The Capsule Wardrobe introduces thirty wardrobe essentials—tops, bottoms,

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footwear, and accessories—that will create the ultimate mix-and-match wardrobe for the working woman. Professional stylist Wendy Mak instructs readers on how to use different pieces together to achieve one thousand different unique looks from work to weekend. Learn to:

- Curate and build a true mix-and-match wardrobe*
- Create unique everyday looks specific to body type*
- Pick the right pieces to stretch your fashion dollar*
- Transition from the office to after dark in a flash*
- Reduce fashion mistakes and impulse buying*
- And more!*

With detailed descriptions and

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illustrations of each of the thirty pieces, plus a list of all one thousand outfits in a handy table, The Capsule Wardrobe will revitalize the way you use your closet, make dressing easy and worry-free, and help you reinvent your personal style. SpaRitual founder Shel Pink's Slow Beauty is all about carving a few moments out of each day to practice the kind of mindful self-care and wellness that makes us glow. Slow Beauty works because it's a lifestyle, not a quick fix. It provides inspiration, support, and tools for working from within toward looking and feeling healthier

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and more joyful than ever. In this book you'll find: Ideas on beauty with substance from around the world; Rituals such as finding and designing your own sanctuary, breathing exercises, meditation, and deepening relationships (and inner strength) through women's gatherings; Recipes for teas, soups, juices, smoothies, scrubs, body oils, and even how to create your own mantra; How to incorporate these practices into daily life in the best way for you. Filled with inspirational images and a message that's sustainable for a lifetime, Slow Beauty will harness the power

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*within every woman to physically, mentally, and spiritually nourish their bodies from the inside out. Are you "High Style" or "Boho," or maybe "Happy Modern" or "Trad with a Twist"? The legendary fabrics and wallpapers house of Schumacher shows how you can use their iconic prints and patterns to create a variety of beautiful, chic interiors in the style that most suits you. ***This book is being published with three uniquely patterned covers. Customers will be shipped any of these three different covers at random****

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With a focus on Schumacher's greatest contemporary patterns--everything from classic stripes and exuberant florals to edgy animal prints--this accessible and highly useful style guide is organized thematically by chapters such as "Sensual & Spare"; "Preppy"; "Ladylike"; "Exuberant"; and "Opulent," with each featuring a stunning selection of patterns along with inspiring interiors designed in the same spirit. To help readers better understand their style preferences, every chapter begins with a questionnaire, for example: "Are You an Acolyte of

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High Style?" "Do You Prefer a Midnight Supper to a Power Lunch?"; "Consider Jewel Tones Neutral?"; "Think Champagne Is Not Just for Special Occasions?"

Page after page after page of lavish imagery and pattern details are juxtaposed alongside beautiful interiors designed by such luminaries as Miles Redd, Tom Scheerer, Amanda Lindroth, Celerie Kemble, Veere Grenney, and Mark D. Sikes, to name a few, illustrating how Schumacher's iconic patterns can be integrated into a wide range of chic and stylish room designs. The texts provide insights and tips on how

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patterns can be used in your decor, along with guidance for deciding what style is best for you and your home. Full of inspiring design ideas, as well as an unparalleled resource of prints and patterns, S Is for Style is a visual feast of interior design for all styles and tastes. The federal government operates six major health care programs that serve nearly 100 million Americans. Collectively, these programs significantly influence how health care is provided by the private sector. Leadership by Example explores how the federal government can leverage its unique position as

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regulator, purchaser, provider, and research sponsor to improve care - not only in these six programs but also throughout the nation's health care system. The book describes the federal programs and the populations they serve: Medicare (elderly), Medicaid (low income), SCHIP (children), VHA (veterans), TRICARE (individuals in the military and their dependents), and IHS (native Americans). It then examines the steps each program takes to assure and improve safety and quality of care. The Institute of Medicine proposes a national quality

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enhancement strategy focused on performance measurement of clinical quality and patient perceptions of care. The discussion on which this book focuses includes recommendations for developing and pilot-testing performance measures, creating an information infrastructure for comparing performance and disseminating results, and more. Leadership by Example also includes a proposed research agenda to support quality enhancement. The third in the series of books from the Quality of Health Care in America project, this well-

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targeted volume will be important to all readers of To Err Is Human and Crossing the Quality Chasm - as well as new readers interested in the federal government's role in health care.

Engaging Front-Line Staff in Sustainable Continuous Improvements

Front Roe

*1,000 Outfits from 30 Pieces
S Is for Style*

Richard Oakes, Alcatraz, and the Red Power Movement

*100 Unforgettable Dresses
Skimmed*

A New York Times Notable Book
Louise Erdrich, the New York Times

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bestselling, National Book Award-winning author of *LaRose* and *The Round House*, paints a startling portrait of a young woman fighting for her life and her unborn child against oppressive forces that manifest in the wake of a cataclysmic event. The world as we know it is ending. Evolution has reversed itself, affecting every living creature on earth. Science cannot stop the world from running backwards, as woman after woman gives birth to infants that appear to be primitive species of humans. Twenty-six-year-old Cedar Hawk Songmaker, adopted daughter of a pair of big-hearted, open-minded Minneapolis liberals, is as disturbed and uncertain as the rest of America around her. But for Cedar, this change is profound and deeply

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personal. She is four months pregnant. Though she wants to tell the adoptive parents who raised her from infancy, Cedar first feels compelled to find her birth mother, Mary Potts, an Ojibwe living on the reservation, to understand both her and her baby's origins. As Cedar goes back to her own biological beginnings, society around her begins to disintegrate, fueled by a swelling panic about the end of humanity. There are rumors of martial law, of Congress confining pregnant women. Of a registry, and rewards for those who turn these wanted women in. Flickering through the chaos are signs of increasing repression: a shaken Cedar witnesses a family wrenched apart when police violently drag a mother from her husband and child

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in a parking lot. The streets of her neighborhood have been renamed with Bible verses. A stranger answers the phone when she calls her adoptive parents, who have vanished without a trace. It will take all Cedar has to avoid the prying eyes of potential informants and keep her baby safe. A chilling dystopian novel both provocative and prescient, *Future Home of the Living God* is a startlingly original work from one of our most acclaimed writers: a moving meditation on female agency, self-determination, biology, and natural rights that speaks to the troubling changes of our time.

Front Roe
How to Be the Leading Lady in Your Own Life
Running Press
Book Pub
Healthcare Kaizen focuses on the

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principles and methods of daily continuous improvement, or Kaizen, for healthcare professionals and organizations. Kaizen is a Japanese word that means "change for the better," as popularized by Masaaki Imai in his 1986 book *Kaizen: The Key to Japan's Competitive Success* and through the books of Norman Bodek, both of whom have written extensively on the subject. A comprehensive collection of photographs, interviews, and profiles of the most influential Black actresses who have worked in film, television, and theater. From the author of *Supreme Models* comes the first-ever art book dedicated to celebrating Black actresses and exploring their experiences in acting. Through stunning photographs, personal interviews, short biographies, and career

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milestones, *Supreme Actresses* chronicles the most influential Black actresses who have worked in film, television, and theater. From Hattie McDaniel, the first actress of color to win an Academy Award for Best Supporting Actress in 1939, to Dorothy Dandridge, the first actress of color to be nominated for Best Actress at the Academy Awards in 1954. And from Ethel Waters, the first African American actress to be featured on an American sitcom in 1950, to Cicely Tyson, the first African American star of a TV drama in 1963. The performances by these talented actresses are ingrained into our memories. We experienced laughter, love, and loss with these women. But how did they begin their acting careers? Who were the first Black actresses who

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paved the way? What are their defining moments? What effects did racial prejudice have on their careers? Supreme Actresses remembers and celebrates the groundbreaking women who have been influencing culture for decades, reshaping the very standards of beauty in modern society.

Raise Your Hand

Your Dream Life Starts Here

How Not To Get Old

An Interactive Journal for Igniting Beauty, Healing, and Joy

Ignite Your Light

The Capsule Wardrobe

The ultimate guide to caring for your new baby – FULLY UPDATED JUNE 2018

Interior designer Nicolò Castellini Baldissera

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joins forces with fashion and interiors photographer Guido Taroni to showcase the most beautiful homes Inside Tangier A white-walled city perched between Morocco and Europe, Tangier was long a haven for the literary and artistic avant-garde--and black sheep--of Europe and America. Now a new generation of residents are blending color, pattern, and taste to create an interior aesthetic all their own. Inside Tangier explores a selection of these exceptional properties and

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their eccentric inhabitants--from antiques dealer and collector Gordon Watson and interior designers Frank de Biasi and Veere Greeney to the late fashion designer Yves Saint Laurent and antiques dealer Christopher Gibbs--providing rare insights into the sometimes bohemian, sometimes extravagant, but always stylish "Tangerine" lifestyle.

Light up your life—and your self —with this joy-filled guide to beauty, healing, and personal energy that includes

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delicious recipes, immune-strengthening wellness rituals, and practical steps for building a better world. Each page of this book is packed with inspiration and insights on the central role of energy in the way you look, feel, and experience life. Ignite Your Light guides you to seek more of what lights you up, to grow the resilience of your mind, body, emotions, and spirit, and to refresh your routine from sunrise to moonlight, featuring: Delicious recipes that support glowing skin and

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optimal health Fresh takes on self-care rituals, from yoga nidra to skin care as energy release Inspiration-packed profiles of the 13 leading factors that power your inner light Simple shifts that improve your long-term health and happiness via your mindset, actions, environment, and relationships Filled with colorful illustrations and photos, Ignite Your Light is both a beautiful and practical guide for anyone who wants to positively influence their own energy, grow the beauty in

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their daily life, and shine their light on the world around them.

The best-selling author of Nixonland presents a portrait of the United States during the turbulent political and economic upheavals of the 1970s, covering events ranging from the Arab oil embargo and the era of Patty Hearst to the collapse of the South Vietnamese government and the rise of Ronald Reagan. From the author of the international bestseller *Our House*, a new novel of twisty domestic suspense

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asks, "Could you hate your neighbor enough to plot to kill him?" Lowland Way is the suburban dream. The houses are beautiful, the neighbors get along, and the kids play together on weekends. But when Darren and Jodie move into the house on the corner, they don't follow the rules. They blast music at all hours, begin an unsightly renovation, and run a used-car business from their yard. It doesn't take long for an all-out war to start brewing. Then, early one Saturday, a horrific death shocks the street.

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As police search for witnesses, accusations start flying--and everyone has something to hide.

Shine On

Soupelina's Soup Cleanse

Rituals and Recipes to

Nourish the Body and Feed the Soul

A Celebration of the

World's Premier Race

The Invisible Bridge

Relaxed Interiors for a

Meaningful Life

Houses and Gardens

— ***Irish Book of the Year Finalist!***

— ***An Amazon Best Books of the***

Year So Far pick! A whimsical,

touching debut about loneliness,

friendship and hope... Vivian

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doesn't feel like she fits in - and never has. As a child, she was so whimsical that her parents told her she was "left by fairies." Now, living alone in Dublin, the neighbors treat her like she's crazy, her older sister condescends to her, social workers seem to have registered her as troubled, and she hasn't a friend in the world. So, she decides it's time to change her life: She begins by advertising for a friend. Not just any friend. She wants one named Penelope. Meanwhile, she roams the city, mapping out a new neighborhood every day, seeking her escape route to a better world, the other world her

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parents told her she came from. And then one day someone named Penelope answers her ad for a friend. And from that moment on, Vivian's life begins to change. Debut author Caitriona Lally offers readers an exhilaratingly fresh take on the Irish love for lyricism, humor, and inventive wordplay in a book that is, in itself, deeply charming, and deeply moving. The 1920s faux bob. The 1940s victory rolls and classic red lip. The sixties beehive and the eighties smokey eye. The list of iconic beauty looks from the last century is almost endless. Now, with this book, you can recreate these classic looks at home.

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Acclaimed make-up professional Louise Young and leading hairstylist Lou Sheppard bring together their favourite beauty looks of the 20th century to create the ultimate guide to vintage hair and make-up. Arranged by decade and containing beautiful photographs and easy-to-follow step-by-step instructions, this book shows you how the looks are created, and how they still influence current fashions today. This is a must-have for all aspiring make-up artists and hair stylists, or anyone who wants an easy way to achieve a classic look. For anyone interested in interiors, there is so much

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inspiration available online and in magazines these days of carefully curated spaces and contemporary homes. But what sort of spaces do interior designers themselves live in? British Designers at Home is for anyone curious to find out more about designers, and glean ideas and practical information for their own homes. This engaging and visually enticing book profiles 26 of the most important names in British design and decoration in their own personal spaces. Names include: Alidad; Sarah Barker; Edward Bulmer; Emma Burns; Nina Campbell; Jane Churchill; Octavia Dickinson; Mike Fisher; Veere

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Grenney; Beata Heuman; Gavin Houghton; Roger Jones; Kit Kemp; Robert Kime; Rita Konig; Penny Morrison; Paolo Moschino; Wendy Nicholls; Guy Oliver; Colin Orchard; Max Rollitt; Carlos Sanchez-Garcia; Daniel Slowik; Justin van Breda; Phillip Vergeylen; and, William Yeoward. Each designer has been profiled and photographed at home - alongside details of their working life and the story of how they became interested in design, they talk at length about the house itself and the thinking behind its design and decoration. From the unexpected to that classic British look, this is an exciting look at modern

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British interiors.

***Provocative and insightful,
Defenders of the Unborn is a
must-read for anyone who
craves a deeper understanding
of a highly-charged issue"--***

Villa America

***Prominent Families of New York
Defenders of the Unborn***

***A Sunrise-to-Moonlight Guide to
Feeling Joyful, Resilient, and Lit
from Within***

***Being an Account in
Biographical Form of Individuals
and Families Distinguished as
Representatives of the Social,
Professional and Civic Life of
New York City***

***The Legendary Underground
Feminist Abortion Service***

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Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve

Louise Roe—internationally renowned fashion journalist, TV host, and makeover guru—knows style. It's not about trends but about being your own person and sharing the things you love in your appearance, your home, and your personality. In Front Roe, Louise shares her expertise on cultivating personal style and feeling like a confident leading lady in your own life. In her first book, Louise has compiled the practical

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tips and secret tricks that she's picked up through years of working in the fashion industry with magazine editors, stylists, celebrities, and most importantly, real women. Front Roe helps a woman discover her personal style through looks she loves-images in magazines that speak to her, quotes that inspire her, fashion or styles she is taken with, and family photos. Once the foundation is laid, Louise expands into the specifics of fashion, beauty, and lifestyle, offering

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helpful advice from today and yesteryear on everything from finding the right underwear and buying vintage clothing, to picking the best perfume for you, and making your home a sanctuary. As Louise says, "With a little nudging and direction, everybody can develop their own personal style, no matter their shape, age, or wallet size. In my view, fashion should be aspirational, but attainable and definitely something to have a sense of humor about. It's worth living

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every single day as the most confident, happy, and glamorous version of yourself. Here's how!"

Front Roe is the perfect distillation of this philosophy. Louise shares stories, information, and ideas from around the world to help women feel educated, uplifted, inspired, and considerably more positive about their mind, body, closet, and home.

Louise Roe—internationally renowned fashion journalist, TV host, and makeover guru—knows style. It's not about trends but

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about being your own person and sharing the things you love in your appearance, your home, and your personality. In Front Roe, Louise shares her expertise on cultivating personal style and feeling like a confident leading lady in your own life. In her first book, Louise has compiled the practical tips and secret tricks that she's picked up through years of working in the fashion industry with magazine editors, stylists, celebrities, and most importantly, real women. Front Roe helps a

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woman discover her personal style through looks she loves—images in magazines that speak to her, quotes that inspire her, fashion or styles she is taken with, and family photos. Once the foundation is laid, Louise expands into the specifics of fashion, beauty, and lifestyle, offering helpful advice from today and yesteryear on everything from finding the right underwear and buying vintage clothing, to picking the best perfume for you, and making your home a

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sanctuary. As Louise says, "With a little nudging and direction, everybody can develop their own personal style, no matter their shape, age, or wallet size. In my view, fashion should be aspirational, but attainable and definitely something to have a sense of humor about. It's worth living every single day as the most confident, happy, and glamorous version of yourself. Here's how!" Front Roe is the perfect distillation of this philosophy. Louise shares stories, information, and

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ideas from around the world to help women feel educated, uplifted, inspired, and considerably more positive about their mind, body, closet, and home.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

The chilling Saga of Darren Shan, the ordinary schoolboy plunged into the

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vampire world.

A Question of Choice

Cirque Du Freak

The Boston Marathon

Breastfeeding, Race, and Injustice

Feels Like Home

Timeless

British Designers at Home

Beginning with the absolutely critical first moments of the outbreak in China, and ending with an epilogue on the vaccine rollout and the unprecedented events between the election of Joseph Biden and his inauguration, Lawrence Wright's *The Plague Year* surges forward with essential information--and fascinating historical parallels--examining the medical, economic, political, and social ramifications of the COVID-19

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pandemic.

11-year-old Alice Paul

Tapper--daughter of CNN's Jake

Tapper--is challenging girls

everywhere to speak up! When Alice

Tapper noticed that the girls in her

class weren't participating as much as

the boys, she knew she had to do

something about it. With help from her

Girl Scout troop and her parents, she

came up with a patch that other girls

could earn if they took a pledge to be

more confident in school. Alice even

wrote an op-ed about the experience

for the New York Times! Inspired by

that piece, this picture book illustrates

her determination, bravery, and

unwillingness to accept the status quo.

With Marta Kissi's delightful

illustrations depicting Alice's story,

young readers everywhere will want to

follow Alice's lead and raise their

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hand!

Most dating books tell you what NOT to do. Here's a book dedicated to telling you what you CAN do. In his book, *Get the Guy*, Matthew Hussey—relationship expert, matchmaker, and star of the reality show *Ready for Love*—reveals the secrets of the male mind and the fundamentals of dating and mating for a proven, revolutionary approach to help women to find lasting love. Matthew Hussey has coached thousands of high-powered CEOs, showing them how to develop confidence and build relationships that translate into professional success. Many of Matthew's male clients pressed him for advice on how to apply his winning strategies not to just get the job, but how to get the girl. As his reputation grew, Hussey was

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approached by more and more women, eager to hear what he had learned about the male perspective on love and romance. From landing a first date to establishing emotional intimacy, playful flirtation to red-hot bedroom tips, Matthew's insightfulness, irreverence, and warmth makes *Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve* a one-of-a-kind relationship guide and the handbook for every woman who wants to get the guy she's been waiting for.

Offering an inside look at the most famous marathon in the world, this exploration traces the Boston Marathon's 26.2-mile route from the starting line on narrow Main Street in Hopkinton to the Boylston Street finish line in downtown Boston, bringing to

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life the history, personalities, pivotal moments, and individual character of each city the race traverses. The Boston Marathon includes well-researched briefs on topics including Metcalf's Mill at Ashland, the unmarked starting point of the first race in 1897, the infamous 1967 battle over Kathrine Switzer's attempt to compete five years before women were allowed, and other vital race-day elements. The book also includes a tribute to the victims of the tragic 2013 bombing near the finish line. This is a supremely entertaining glimpse at the history of the greatest running event in the world—from wacky entrants to hard-fisted managers, tortured disappointments, and glorious triumph.

Get the Guy

Iconic Black Women Who
Revolutionized Hollywood

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A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen

Leadership by Example

Coordinating Government Roles in Improving Health Care Quality

Born to Run

Eggshells

A dazzling novel set in the French Riviera based on the real-life inspirations for F. Scott Fitzgerald's *Tender is the Night*. When Sara Wiborg and Gerald Murphy met and married, they set forth to create a beautiful world together—one that they couldn't find within the confines of society life in New York City. They packed up their children and moved to the South of

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France, where they immediately fell in with a group of expats, including Hemingway, Picasso, and Zelda and Scott Fitzgerald. On the coast of Antibes they built Villa America, a fragrant paradise where they invented summer on the Riviera for a group of bohemian artists and writers who became deeply entwined in each other's affairs. There, in their oasis by the sea, the Murphys regaled their guests and their children with flamboyant beach parties, fiery debates over the newest ideas, and dinners beneath the stars. It was, for a while, a charmed life, but these were people who

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kept secrets, and who beneath the sparkling veneer were heartbreakingly human. When a tragic accident brings Owen, a young American aviator who fought in the Great War, to the south of France, he finds himself drawn into this flamboyant circle, and the Murphys find their world irrevocably, unexpectedly transformed. A handsome, private man, Owen intrigues and unsettles the Murphys, testing the strength of their union and encouraging a hidden side of Gerald to emerge. Suddenly a life in which everything has been considered and exquisitely planned

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becomes volatile, its safeties breached, the stakes incalculably high. Nothing will remain as it once was. Liza Klausman expertly evokes the 1920s cultural scene of the so-called "Lost Generation."

Ravishing and affecting, and written with infinite tenderness, *VILLA AMERICA* is at once the poignant story of a marriage and of a golden age that could not last.

A landmark literary anthology of poems, stories, and essays, *Choice Words* collects essential voices that renew our courage in the struggle to defend reproductive rights. Twenty

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years in the making, the book spans continents and centuries. This collection magnifies the voices of people reclaiming the sole authorship of their abortion experiences. These essays, poems, and prose are a testament to the profound political power of defying shame. Contributors include Ai, Amy Tan, Anne Sexton, Audre Lorde, Bobbie Louise Hawkins, Camonghne Felix, Carol Muske-Dukes, Diane di Prima, Dorothy Parker, Gloria Naylor, Gloria Steinem, Gwendolyn Brooks, Jean Rhys, Joyce Carol Oates, Judith Arcana, Kathy Acker, Langston Hughes, Leslie

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Marmon Silko, Lindy West, Lucille Clifton, Mahogany L. Browne, Margaret Atwood, Molly Peacock, Ntozake Shange, Ruth Praver Jhabvala, Sharon Doubiago, Sharon Olds, Shirley Geok-lin Lim, Sholeh Wolpe, Ursula Le Guin, and Vi Khi Nao. 'A jolly quest to make the greying years more colourful' The Times When journalist Jane Gordon was hospitalised and left immobile after a nasty car accident, dependent on others to feed her and help her to the bathroom, she suddenly had to confront what it might be like to one day be old and infirm. Determined to not only regain

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her strength but find ways to stay physically and mentally fit for as long as possible, Jane decided to road-test different self-help programmes designed to promote longevity. From ballroom dancing to brain training, learning a second language to silent meditation, joining the gym and improving her gut health, Jane seeks advice from top neuroscientists and medical professionals to assess the impact these courses have on her health, and whether they will stop her getting old before her time. Part self-help, part manifesto, *How Not To Get Old* is about future-

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proofing your physical and mental wellbeing and taking control of the ageing process, rather than wallowing in it. For what begins as a clever experiment in the art of stopping time becomes a joyous celebration of what we CAN do, not what we can't or shouldn't, and ultimately demonstrates how later life is still very much for living...

The third design book from the TV and social media star and author of *Habitat* and *Down to Earth, Feels Like Home* explores the emotional connection that a home can have to a person's life. A house is a feeling. That is the

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conceit behind designer Lauren Liess's third book, which explores the emotional connection between the way we decorate our homes and our daily lives. She advises readers to think beyond just the objects in their homes and explore how design informs an intentional, happy, and authentic life. The book includes practical design information, with never-before-seen case studies on a variety of homes including a beach cottage, a farmhouse, a home in the woods, a Spanish colonial, and other more traditional homes. Each case study explores a hardworking design

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aspect (such as proportion, scale, and color), while also focusing on the emotional aspect of the home. The chapters are inspired by the following themes: comfort, calm, excitement, belonging, carefree, love, and contentment.

The Fall of Nixon and the Rise of Reagan

Rediscovering the World of Franz Boas

Journey to Freedom

Bliss

Healthcare Kaizen

The Plague Year

Born into a tenant farming family in North

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Carolina in 1946, Mary Louise, Mary Ann, Mary Alice, and Mary Catherine were medical miracles. Annie Mae Fultz, a Black-Cherokee woman who lost her ability to hear and speak in childhood, became the mother of America's first surviving set of identical quadruplets. They were instant celebrities. Their White doctor named them after his own family members. He sold the rights to use the sisters for marketing purposes to the highest-bidding formula company. The girls lived in poverty, while Pet Milk's profits from a previously untapped market of Black families skyrocketed. Over half a century later, baby formula is a seventy-billion-dollar industry and Black mothers have the lowest breastfeeding rates in the country. Since slavery, legal, political, and societal factors have routinely denied Black women the ability to choose how to feed their babies. In *Skimmed*, Andrea

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Freeman tells the riveting story of the Fultz quadruplets while uncovering how feeding America's youngest citizens is awash in social, legal, and cultural inequalities. This book highlights the making of a modern public health crisis, the four extraordinary girls whose stories encapsulate a nationwide injustice, and how we can fight for a healthier future. This book is filled with powerful ideas and simple proven tools that will help you transform your wishes into dreams, and then into an achievable one-page roadmap for creating your dream life – a life designed by you for you, and for your loved ones. Kristina Karlsson, the woman behind the inspiring global success story, kikki.K, shares personal insights from her amazing journey, from humble beginnings on a small farm in Sweden to the 3am light bulb moment that led her to chase and achieve dreams that are now inspiring

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a worldwide community of dreamers. Filled with simple and practical magic – and inspiring stories and wisdom from people who've dared to dream big – this book will show you how to harness the power of dreaming to transform your life in small, simple steps. Featuring stories of: Dr Tererai Trent (Oprah Winfrey's all-time favourite guest), Arianna Huffington, Stella McCartney, Sir Richard Branson, Oprah Winfrey, Li Cunxin (author of *Mao's Last Dancer*), Alisa Camplin-Warner (winner of a remarkable Olympic gold medal), Michelle Obama, and others. Whether you want to get the most out of your personal life, career or business, the insights on dreaming and doing in this book may be your most important learnings this year. Your dream life awaits – start today!

A compelling study that charts the influence of Indigenous thinkers on Franz

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Boas, the father of American anthropology
A compelling testament to a woman's most essential freedom--control over her own body--and to the power of women helping women. Updated with a new preface. An extraordinary history by one of its members, this is the first account of Jane's evolution, the conflicts within the group, and the impact its work had both on the women it helped and the members themselves.

Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life

Those People

Inside Tangier

Writers on Abortion

The Pro-life Movement Before Roe V. Wade

Choice Words

Indigenous Visions

Shay Mitchell, star of ABC

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Family's #1 rated show *Pretty Little Liars*, and best friend Michaela Blaney team up to write this sharp, sexy, and entertaining romp through the imperfect world of 21-year-old BFFs Sophia, Demi, and Leandra. Sophia Marcus, 21, has already mapped out every aspect of her glamorous life as a Hollywood actor on her vision board. But her life right now in Toronto is anything but exciting. Attending fruitless auditions during the day and working at a douche-y club at night, Sophia is starting to feel like

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she's going nowhere...slowly. Demi Michaels, Sophia's best friend, didn't go to college after high school. Short of ideas for her own future, she puts her energy into building the perfect relationship with an older man. And when that relationship crashes and burns, Demi is left to pick up the pieces. Sophia's friend (and Demi's frenemy) Leandra Hunting doesn't give a crap about hard work or a loving relationship. She has other plans for her future. After college graduation, Leandra sets out to travel the world in the yachts,

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planes and limos of ridiculously wealthy men. Will any of them be able to show her what love really means-if she can take off her Chanel sunglasses long enough to see it? Set in the exotic, intoxicating worlds of Hollywood, Thailand, and London, Shay Mitchell and Michaela Blaney's *Bliss* paints a relatable portrait of life in your early twenties with equal parts optimism and fear, hope and disappointment, expectation and reality. It's the Age of Uncertainty when you can count on nothing, but, if

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you're lucky enough to have one truly great friend, you can survive just about anything.

100 Unforgettable Dresses is filled with the stories, secrets, intrigue, and insights behind the most indelible dresses in our collective memories.

Featuring looks from the runway, film, television, the red carpet, and the worlds of royalty and politics, this book celebrates the staying power of these gorgeous, sleek, sultry, and outrageous creations as well as the lasting impact they've had in

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fashion, popular culture, and our own lives. More than two hundred images, a witty, informative text, and exclusive interviews with the designers and the women who wore the dresses reveal the initial spark and captivating drama behind the making of each dress. Also featured throughout are extensive anecdotes and observations about great style makers—Grace Kelly, Audrey Hepburn, Cher, Sarah Jessica Parker, Jacqueline Kennedy Onassis, and Cate Blanchett—highlighting the conception of their most

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spectacular looks and examining their lasting influence. Here is the tale of how a canny Gianni Versace helped an unknown Elizabeth Hurley become world famous overnight, thanks to the paparazzi frenzy whipped up by her red-carpet appearance in his now legendary safety-pin dress. Learn about the unique wedding gown Narciso Rodriguez designed exclusively for Caroline Bessette-Kennedy that inspired a whole new generation of brides. Go on the set of Top Hat, where

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Ginger Rogers's ostrich-feather-laden dress began to molt immediately upon arrival, its flying feathers bringing the film's production to a halt. Of course, the seminal work of exemplary designers—Yves Saint Laurent's Mondrian dress and Christian Lacroix's pouf, Chanel's little black dress and Valentino's infamous red ones, Diane von Furstenberg's iconic wrap and Marc Jacobs's grunge collection—is featured throughout, with plenty of inside information on what inspired the invention of

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each piece. With its wonderful anecdotes, fascinating facts, and just enough juicy gossip, 100 Unforgettable Dresses is a bewitching read for everyone who enjoys sensational clothes, movies, television, and music. Whether you're a fashion maven, a red-carpet addict, a celebrity tracker, or a pop-culture aficionado, you won't be able to put this book down!

The attorney who represented the pro-choice side in the Roe v. Wade Supreme Court case recounts the story of her

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legal battle and victory and discusses the political and religious right's attack on women's right to choose The first book-length biography of Richard Oakes, a Red Power activist of the 1960s who was a leader in the Alcatraz takeover and the Red Power Indigenous rights movement A revealing portrait of Richard Oakes, the brilliant, charismatic Native American leader who was instrumental in the takeovers of Alcatraz, Fort Lawton, and Pit River and whose assassination in 1972 galvanized the Trail of

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Broken Treaties march on Washington, DC. The life of this pivotal Akwesasne Mohawk activist is explored in an important new biography based on extensive archival research and key interviews with activists and family members. Historian Kent Blansett offers a transformative and new perspective on the Red Power movement of the turbulent 1960s and the dynamic figure who helped to organize and champion it, telling the full story of Oakes's life, his fight for

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Native American self-determination, and his tragic, untimely death. This invaluable history chronicles the mid-twentieth century rise of Intertribalism, Indian Cities, and a national political awakening that continues to shape Indigenous politics and activism to this day.

A Novel

Future Home of the Living God

Supreme Actresses

Your Baby Week By Week

America in the Time of COVID

The Schumacher Book of

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Decoration

The Story of Jane

When you ignite the light of your personal energy, you feel more joyful, resilient, and lit from within.

Shine On is your interactive guidebook to keeping that light illuminated through life's varied chapters and challenges, for yourself as well as those around you. It includes: Guidance for assessing the 13 key energy influencers that impact your life -- from relationships and environment to food, creativity, and mindset. Dozens of prompts for self-reflection, with lined, dotted, and blank pages for recording your personal experiences, goals, and insights. Science-based wellness

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wisdom that supports optimal beauty and health. Fresh perspectives on nutrition as a key beauty tool. Self-care ideas to replenish energy and grow your daily joy, from sunrise to moonlight. Filled with colorful illustrations, Shine On is a beautiful, practical, and thoughtful source of inspiration for self-reflection that helps us thrive.

A practical and inspiring guide to the hottest trend in cleansing Ñ with 60 nutritious, satiating recipes and targeted detox plans for a lean body, sparkling mind, and renewed energy Ê

UPDATED EDITION 2018 The first six months with a new baby is a special and exciting time full of

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milestones and new experiences. This updated edition of *Your Baby Week by Week* explains the changes that your baby will go through in their first six months. Each chapter covers a week of their development so you 'll know when your baby will start to recognize you, when they 'll smile and laugh for the first time and even when they 'll be old enough to prefer some people to others! Paediatrician Dr Caroline Fertleman and health writer Simone Cave 's practical guide provides reassuring advice so you can be confident about your baby 's needs. Including: - How to tell if your baby is getting enough milk - Spotting when you need to take your baby to the doctor -

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Identifying why your baby is crying -
How long your baby is likely to
sleep and cry for - Tips on
breastfeeding and when to wean
your baby Full of all the information
and tips for every parent Your Baby
Week by Week is the only guide
you ' ll need to starting life with your
new arrival.

How to Be the Leading Lady in
Your Own Life

Slow Beauty

One Woman's Quest to Take
Control of the Ageing Process