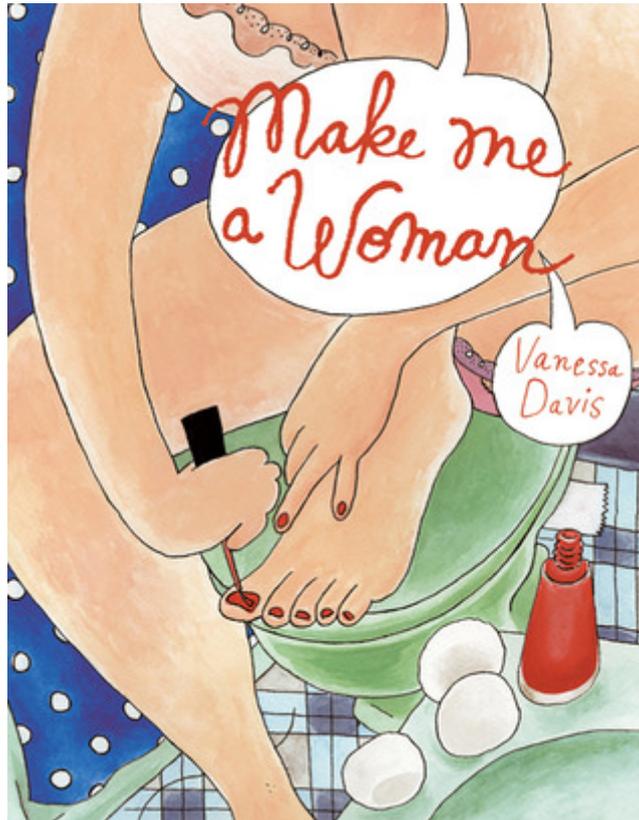


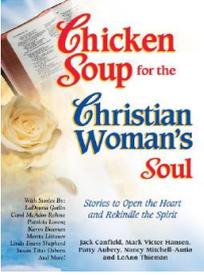
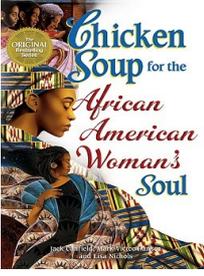
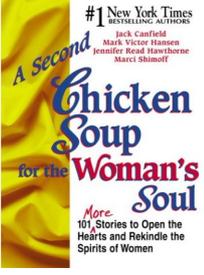
MAKE ME A WOMAN

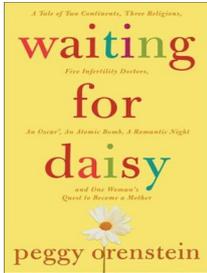


What do you think about make me a woman by vanessa davis make me a woman offers charming vignettes about being young, jewish, and single it's easy to understand why vanessa davis has taken the comics industry by storm and is poised to do the same with the world at large--her comics are pure chutzpah, gorgeously illustrated in watercolors. no story is too painful to tell--like how much she enjoyed fat camp. nor too off-limits--lik make me a woman offers charming vignettes about being young, jewish, and single it's easy to understand why vanessa davis has taken the comics industry by storm and is poised to do the same with the world at large--her comics are pure chutzpah, gorgeously illustrated in watercolors. no story is too painful to tell--like how much she enjoyed fat camp. nor too off-limits--like her critique of r. crumb. nor too personal--like her stories of growing up jewish in florida. using her sweet but biting wit, davis effortlessly carves out a wholly original and refreshing niche in two well-worn territories: autobio comics and the jewish identity. davis draws strips from her daily diary, centering on her youth, mother, relationships with men, and eventually her longtime boyfriend. her intimacy, self-deprecation, and candor have deservedly earned her many accolades and awards.

her deft comedic touch, lush color, and immediacy will set Davis apart not only as one of the premier cartoonists, but as one of the leading humorists for her generation, too.
...more

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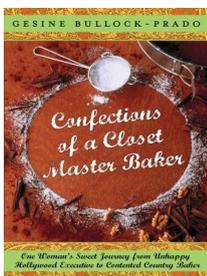
Cover	Title & Description	Status
	<p>CHICKEN SOUP FOR THE CHRISTIAN WOMAN'S SOUL: STORIES TO OPEN THE HEART AND REKINDLE THE SPIRIT (CHICKEN SOUP FOR THE SOUL)</p> <p>christian women who make god and family a priority in their life will love chicken soup for the christian woman's soul, an affirming collection of stories that share the miracles that are possible when their hearts are open to god. this wonderful new addition is filled with compelling real-life accounts of how women from all denominations were buoyed by their faith during christian women who make god and family a priority in their life will love chicken soup for the christian woman's soul, an affirming collection of stories that share the miracles that are possible when their hearts are open to god. this wonderful new addition is filled with compelling real-life accounts of how women from all denominations were buoyed by their faith during incredibly challenging circumstances: amazing women who maintained faith in god's divine plan instead of succumbing to fear and doubt; caring women who offered compassion instead of criticism when others needed help; and dedicated women who chose the righteous path when there was an easier one to take. with chapters on god's healing power, friendship, making a difference, challenges, a matter of perspective, miracles, insights and lessons and the love of a family, this faith-filled collection will encourage christian women to follow jesus' example on their walk through life. like a favorite passage from scripture, this book will offer hope, support and inspiration to christian women. ...more</p>	<p>Readable/Downloadable</p>
	<p>CHICKEN SOUP FOR THE AFRICAN AMERICAN WOMAN'S SOUL (CHICKEN SOUP FOR THE SOUL (PAPERBACK HEALTH COMMUNICATIONS))</p> <p>a multi-generational celebration and acknowledgement, "chicken soup for the african american woman's soul" combines stories of legendary african american women-such as rosa parks-with stories of mo</p>	<p>Readable/Downloadable</p>
	<p>A SECOND CHICKEN SOUP FOR THE WOMAN'S SOUL (CHICKEN SOUP FOR THE SOUL SERIES)</p> <p>this latest collection of stories celebrates the shared experiences of being a woman in a 101 new ways. you will be moved by these true accounts of how women like you have embraced life's defining moments by finding love, dealing with loss, overcoming obstacles and achieving their dreams and goals. like spending time with a trusted friend, "a second chicken soup for the wo this latest collection of stories celebrates the shared experiences of being a woman in a 101 new ways. you will be moved by these true accounts of how women like you have embraced life's defining moments by finding love, dealing with loss, overcoming obstacles and achieving their dreams and goals. like spending time with a trusted friend, "a second chicken soup for the woman's soul" will put difficult times into perspective, renew your faith in yourself and make you aware of the miracles in your own life. ...more</p>	<p>Readable/Downloadable</p>



WAITING FOR DAISY: A TALE OF TWO CONTINENTS, THREE RELIGIONS, FIVE INFERTILITY DOCTORS, AN OSCAR, AN ATOMIC BOMB, A ROMANTIC NIGHT, AND ONE WOMAN'S QUEST TO BECOME A MOTHER

waiting for daisy is about loss, love, anger and redemption. it's about doing all the things you swore you'd never do to get something you hadn't even been sure you wanted. it's about being a woman in a confusing, contradictory time. it's about testing the limits of a loving marriage. and it's about trying (and trying and trying) to have a baby. orenstein's story begins wh waiting for daisy is about loss, love, anger and redemption. it's about doing all the things you swore you'd never do to get something you hadn't even been sure you wanted. it's about being a woman in a confusing, contradictory time. it's about testing the limits of a loving marriage. and it's about trying (and trying and trying) to have a baby. orenstein's story begins when she tells her new husband that she's not sure she ever wants to be a mother; it ends six years later after she's done almost everything humanly possible to achieve that goal, from "fertility sex" to escalating infertility treatments to new age remedies to forays into international adoption. her saga unfolds just as professional women are warned by the media to heed the ticking of their biological clocks, and just as fertility clinics have become a boom industry, with over two million women a year seeking them out. buffeted by one jaw-dropping obstacle after another, orenstein seeks answers both medical and spiritual in america and asia, along the way visiting an old flame who's now the father of fifteen, and discovering in japan a ritual of surprising solace. all the while she tries to hold onto a marriage threatened by cycles, appointments, procedures and disappointments. waiting for daisy is an honest, wryly funny report from the front, an intimate page-turner that illuminates the ambivalence, obsession, and sacrifice that characterize so many modern women's lives. ...more

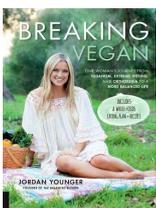
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CONFECTIONS OF A CLOSET MASTER BAKER: ONE WOMAN'S SWEET JOURNEY FROM UNHAPPY HOLLYWOOD EXECUTIVE TO CONTENTED COUNTRY BAKER

a former hollywood insider trades the hollywood hills for green acres — and lives to tell about it in this hilarious, poignant treat of a memoir. as head of her celebrity sister's production company, gesine bullock-prado had a closet full of designer clothes and the ear of all the influential studio heads, but she was miserable. the only solace she found was in her secret a former hollywood insider trades the hollywood hills for green acres — and lives to tell about it in this hilarious, poignant treat of a memoir. as head of her celebrity sister's production company, gesine bullock-prado had a closet full of designer clothes and the ear of all the influential studio heads, but she was miserable. the only solace she found was in her secret hobby: baking. with every sugary, buttery confection to emerge from her oven, gesine took one step away from her glittery, empty existence—and one step closer to her true destiny. before long, she and her husband left the trappings of their hollywood lifestyle behind, ending up in vermont, where they started the gem known as gesine confectionary. and they never looked back. confections of a closet master baker follows gesine's journey from sugar-obsessed child to miserable, awkward hollywood insider to reluctant master baker. chock-full of eccentric characters, beautifully detailed descriptions of her baking process, ceaselessly funny renditions of hollywood nonsense, and recipes, the ingredients of her story will appeal to anyone who has ever considered leaving the life they know and completely starting over. ...more

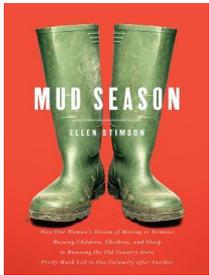
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BREAKING VEGAN: ONE WOMAN'S JOURNEY FROM VEGANISM AND EXTREME DIETING TO A MORE BALANCED LIFE - INCLUDES A WHOLE-FOODS EATING PLAN + RECIPES

finding balance in life is a goal many of us strive to achieve. whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. but what happens when all that focus starts to dominate our lives? when our desire for "perfect health" trumps everything else finding balance in life is a goal many of us strive to achieve. whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. but what happens when all that focus starts to dominate our lives? when our desire for "perfect health" trumps everything else, perhaps without us even realizing it? what happens when our solution starts becoming the problem? these are questions that author and popular blogger jordan younger faced when she decided that her extreme, plant-based, vegan lifestyle just wasn't working in favor of her health anymore--and questions that you may be facing too. in breaking vegan, jordan reveals how veganism and obsessive "healthy" dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. in candid detail, jordan shares what it was like to leave veganism (and experience a vicious backlash from the vegan community that once embraced her) and how she ultimately found her way to recovery. in addition to this, jordan outlines an "anti-diet," whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives. breaking vegan is about tolerance and forgiveness. and ultimately, forging one's own path toward happiness. ...more

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MUD SEASON: HOW ONE WOMAN'S DREAM OF MOVING TO VERMONT, RAISING CHILDREN, CHICKENS AND SHEEP, AND RUNNING THE OLD COUNTRY STORE PRETTY MUCH LED TO ONE CALAMITY AFTER ANOTHER

in self-deprecating and hilarious fashion, mud season chronicles stimson's transition from city life to rickety vermont farmhouse. when she decides she wants to own and operate the old-fashioned village store in idyllic dorset, pop. 2,036, one of the oldest continually operating country stores in the country, she learns the hard way that "improvements" are not always welco in self-deprecating and hilarious fashion, mud season chronicles stimson's transition from city life to rickety vermont farmhouse. when she decides she wants to own and operate the old-fashioned village store in idyllic dorset, pop. 2,036, one of the oldest continually operating country stores in the country, she learns the hard way that "improvements" are not always welcomed warmly by folks who like things just fine the way they'd always been. she dreams of patrons streaming in for fresh-made sandwiches and an old-timey candy counter, but she learns they're boycotting the store. why? "the bread," they tell her, "you moved the bread from where it used to be." can the citified newcomer turn the tide of mistrust before she ruins the business altogether? follow the author to her wit's end and back, through her full immersion into rural life--swapping high heels for muck boots; raising chickens and sheep; fighting off skunks, foxes, and bears; and making a few friends and allies in a tiny town steeped in history, local tradition, and that dyed-in-the-wool vermont "character." ...more

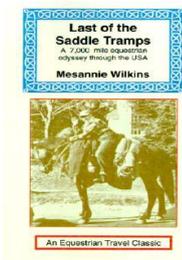
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EAT, PRAY, LOVE: ONE WOMAN'S SEARCH FOR EVERYTHING ACROSS ITALY, INDIA, AND INDONESIA BY ELIZABETH GILBERT SUMMARY & STUDY GUIDE

this study guide consists of approx. 57 pages of chapter summaries, quotes, character analysis, themes, and more – everything you need to sharpen your knowledge of eat, pray, love: one woman's search for everything across italy, india, and indonesia. this detailed literature summary also contains topics for discussion and a free quiz on eat, pray, love: one woman's search this study guide consists of approx. 57 pages of chapter summaries, quotes, character analysis, themes, and more – everything you need to sharpen your knowledge of eat, pray, love: one woman's search for everything across italy, india, and indonesia. this detailed literature summary also contains topics for discussion and a free quiz on eat, pray, love: one woman's search for everything across italy, india, and indonesia by elizabeth gilbert. ...more

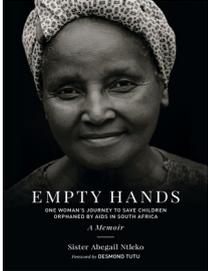
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LAST OF THE SADDLE TRAMPS: ONE WOMAN'S SEVEN THOUSAND MILE EQUESTRIAN ODYSSEY (EQUESTRIAN TRAVEL CLASSICS)

historically the world of equestrian travel has contained an exciting mixture of unique men and women. some are adventurers seeking danger from the back of their horses. others are travelers discovering the beauties of the countryside they slowly ride through. a few are searching for inner truths while cantering across desolate parts of the planet. then there is messanie w historically the world of equestrian travel has contained an exciting mixture of unique men and women. some are adventurers seeking danger from the back of their horses. others are travelers discovering the beauties of the countryside they slowly ride through. a few are searching for inner truths while cantering across desolate parts of the planet. then there is messanie wilkins. she was acting on orders from the lord! in 1954, at the age of 63, wilkins had plenty to worry about. a destitute spinster in ill health, wilkins had been told she had less than two years left to live, provided she spent them quietly. with no family ties, no money, and no future in her native maine, wilkins decided to take a daring step. using the money she had made from selling homemade pickles, wilkins bought a tired summer camp horse and made preparations to ride from the atlantic coast to the pacific ocean. yet before leaving she flipped a coin, asking god to direct her to go or not. when the coin came up head several times in a row, one of america's most unlikely equestrian heroines set off. what followed was one of the 20th century's most remarkable equestrian journeys. accompanied by her faithful horse, tarzan, wilking suffered through a host of obstacles including blistering deserts and freezing snow storms, yet never lost faith that she would complete her 7,000 mile odyssey. "last of the saddle tramps" is thus the warm and humorous story of a humble american heroine bound for adventure and the pacific ocean. the classic tale is amply illustrated with photographs. ...more

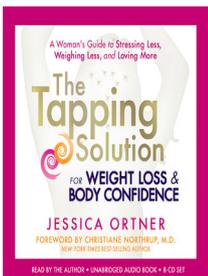
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EMPTY HANDS, A MEMOIR: ONE WOMAN'S JOURNEY TO SAVE CHILDREN ORPHANED BY AIDS IN SOUTH AFRICA

empty hands is the inspiring memoir of zulu nurse and healthcare activist sister abigail ntleko. growing up poor in a rural village with a father who didn't believe in educating girls, against seemingly insurmountable odds sister abigail earned her nursing degree and began work as a community nurse and educator, dedicating her life to those in need. "her story tells us," s empty hands is the inspiring memoir of zulu nurse and healthcare activist sister abigail ntleko. growing up poor in a rural village with a father who didn't believe in educating girls, against seemingly insurmountable odds sister abigail earned her nursing degree and began work as a community nurse and educator, dedicating her life to those in need. "her story tells us," says desmond tutu, who wrote the foreword to the book, "what a single person can accomplish when heart and mind work together in the service of others." overcoming poverty and racism within the apartheid south african system, she adopted her first child at a time when it was unheard of to do so. and then she did it again and again. in forty years she has taken in and cared for hundreds of children who had nothing, saving babies—many of them orphans whose parents died of aids—from hospitals that were ready to give up on them and let them die. empty hands describes the harshness of ntleko's circumstances with wit and wisdom in direct, beautifully understated prose and will appeal not only to activists and aid workers, but to anyone who believes in the power of the human spirit to rise above suffering and find peace, joy, and purpose. "ntleko's story, which she tells in simple language, is inspiring and moving. she neither dwells in nor dramatizes the hardships she has faced, preferring instead to focus on 'fill[ing] her hands with love and then spend[ing] all that love until [her] hands are empty again.' a brief, genuine, heartfelt memoir of an awe-inspiring life."—kirkus reviews ...more

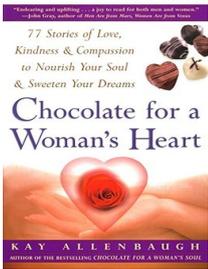
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THE TAPPING SOLUTION FOR WEIGHT LOSS & BODY CONFIDENCE: A WOMAN'S GUIDE TO STRESSING LESS, WEIGHING LESS, AND LOVING MORE

many women live their lives believing that they can't ask for what they want until they change something they're unhappy with. no promotion until they get new skills. no relationship until they establish their career. no fulfillment until they find love. one of the most common conditions women place on themselves is weight loss—no love until they lose weight, no sex until many women live their lives believing that they can't ask for what they want until they change something they're unhappy with. no promotion until they get new skills. no relationship until they establish their career. no fulfillment until they find love. one of the most common conditions women place on themselves is weight loss—no love until they lose weight, no sex until they lose weight, no happiness until they lose weight. but jessica ortner, co-producer of the highly successful documentary on meridian tapping, the tapping solution, offers women a better choice. why not lose the weight and create the life you've always dreamt of?as a culture obsessed with weight loss, we all know the latest fads that claim to help us drop pounds instantly. what often isn't discussed is the science behind the issue and how learning to deal with stress can promote and accelerate weight loss. not only does stress create an overabundance of cortisol that is directly related to abdominal obesity, it also impacts behavior, supporting bad habits, including using food to deal with difficult emotions and painful situations.in this groundbreaking book, jessica uses tapping to help tackle the stress that leads to weight gain—including the personal stresses of low self-esteem and a lack of confidence. using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked with, jessica walks readers through the process of discovering their personal power and self-worth.her program is based on extensive research into the benefits and success of tapping and the hormones involved in stress and weight gain. in this book she guides readers through a proven process of overcoming their dependency on food. she covers everything from the emotional aspects of overeating and cravings, to how to find joy in exercise, the power of pleasure, and how our families and friends may inadvertently add to the problem.with hope, heart, humor, and science, jessica weaves a path to a happy, healthy life full of confidence and joy. ...more

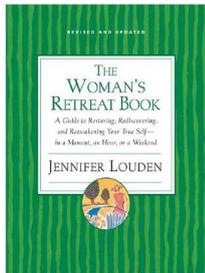
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CHOCOLATE FOR A WOMAN'S HEART: 77 STORIES OF LOVE, KINDNESS, AND COMPASSION TO NOURISH YOUR SOUL AND SWEETEN YOUR DREAMS

love, like chocolate, comes to us in many varieties -- pure and simple, rich and complicated, sweet and bittersweet, and always memorable. now the creator of the bestselling chocolate for a woman's soul serves up 77 delectable new "chocolate stories," real-life tales that celebrate the many ways we express our love. you'll find strength in stories that honor the power of u love, like chocolate, comes to us in many varieties -- pure and simple, rich and complicated, sweet and bittersweet, and always memorable. now the creator of the bestselling chocolate for a woman's soul serves up 77 delectable new "chocolate stories," real-life tales that celebrate the many ways we express our love. you'll find strength in stories that honor the power of unconditional love, and learn a lesson in courage as you read about women facing their ultimate moments of truth. you'll take delight in a reflection on the ever-elusive perfect relationship, and find comfort in stories about the generosity of the human spirit. like the finest chocolate, these inspiring tales will boost your spirits, lift your heart, and soothe your soul. ...more

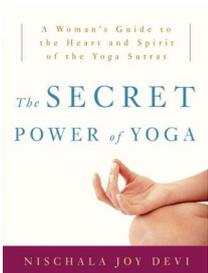
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WOMAN'S RETREAT BOOK: A GUIDE TO RESTORING, REDISCOVERING AND REAWAKENING YOUR TRUE SELF --IN A MOMENT, AN HOUR, OR A WEEKEND

a do-it-yourself retreat book from the author of the woman's comfort book do you yearn for time to rest, dream, listen, grieve, celebrate, stretch, or just be? then you -- like most women today -- need to retreat: to make time to get away from it all and reconnect with yourself. with the wit, humor, and style that have made her comfort book series so popular, comfort queen a do-it-yourself retreat book from the author of the woman's comfort book do you yearn for time to rest, dream, listen, grieve, celebrate, stretch, or just be? then you -- like most women today -- need to retreat: to make time to get away from it all and reconnect with yourself. with the wit, humor, and style that have made her comfort book series so popular, comfort queen and modern-day pioneer of women's well-being jennifer louden offers a practical and inspirational handbook -- the first to focus on the needs and stresses of women -- that walks you step-by-step through planning and savoring a self-led retreat. easy-to-do practices and encouraging insights help you: find the time to retreat whenever and wherever you are decide whether to retreat at home or away, solo or with others separate from daily concerns counter fear, guilt, and boredom reenter ordinary life renewed a wise and useful sourcebook of ideas and inspiration, the woman's retreat book can be turned to again and again, whenever you feel the need to retreat. ...more

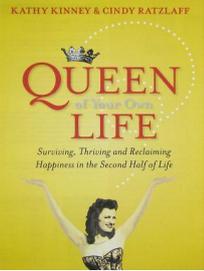
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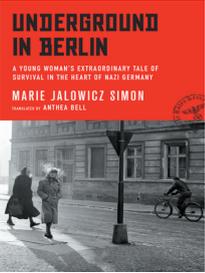
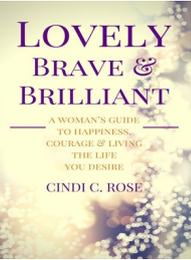
THE SECRET POWER OF YOGA: A WOMAN'S GUIDE TO THE HEART AND SPIRIT OF THE YOGA SUTRAS

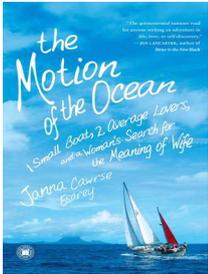
yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. in the secret power of yoga, world-renowned yoga expert nischala joy devi interprets patanjali's yoga sutras, the principles at the basis of yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for wo yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. in the secret power of yoga, world-renowned yoga expert nischala joy devi interprets patanjali's yoga sutras, the principles at the basis of yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for women. devi's simple, elegant, and deeply personal interpretations capture the spirit of each sutra, and her suggested practices offer numerous ways to embrace the spirituality of yoga throughout your day ...more

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	<p>QUEEN OF YOUR OWN LIFE: THE GROWN-UP WOMAN'S GUIDE TO CLAIMING HAPPINESS AND GETTING THE LIFE YOU DESERVE</p> <p>discover the seven best gifts you can give yourself queen of your own life is a philosophy, a decision and an invitation to happiness for women who have made the tough but rewarding journey to the midpoint in their lives. kathy kinney (best known as mimi on the drew carey show) and cindy ratzlaff (marketing genius behind the launch of the south beach diet) have been best fr discover the seven best gifts you can give yourself queen of your own life is a philosophy, a decision and an invitation to happiness for women who have made the tough but rewarding journey to the midpoint in their lives. kathy kinney (best known as mimi on the drew carey show) and cindy ratzlaff (marketing genius behind the launch of the south beach diet) have been best friends for more than thirty years, and have helped each other navigate the ups and downs of their lives with humor and grace. in this entertaining and inspiring book, they share the tried-and-true techniques they call "the seven best gifts a woman can give herself"; they reveal how they learned to value themselves just the way they are—women in full bloom, sensual, vibrant, wise and more beautiful than ever—and they'll show you how you can, too. with these seven gifts you'll discover how to: • claim your beauty and feel your power • clean your mental closet and find your queen voice • admire yourself for who you've become • build deep, fulfilling friendships with other women • establish firm boundaries that will strengthen all your relationships • learn the simple trick to finally being happy • place the crown firmly on your head with humor, comfort and inspiration, queen of your own life offers easy step-by-step actions to blast away at the societal tall tale that young is beautiful and old is just old. if you've been feeling that the best part of your life may be behind you, then this book will prove to you just how untrue that is, and that the door to being happy is not only never closed, but just waiting for you to fling it open. remember, you don't have to be twenty to have your whole life ahead of you. now is the time to become queen of your own life! ...more</p>	<p>Readable/Downloadable</p>
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	<p>MARIEL HEMINGWAY'S HEALTHY LIVING FROM THE INSIDE OUT: EVERY WOMAN'S GUIDE TO REAL BEAUTY, RENEWED ENERGY, AND A RADIANT LIFE</p> <p>question: which of the following have you done this week? a. switched on the tv within minutes of waking up. b. eaten lunch while driving. c. taken your cell phone into the bathroom. d. used a cup of coffee as a pick-me-up. e. looked in the mirror and had a negative thought about your body. question: which of the following haven't you done this week? a. laid the table for breakf question: which of the following have you done this week? a. switched on the tv within minutes of waking up. b. eaten lunch while driving. c. taken your cell phone into the bathroom. d. used a cup of coffee as a pick-me-up. e. looked in the mirror and had a negative thought about your body. question: which of the following haven't you done this week? a. laid the table for breakfast. b. noticed what time the sun set. c. driven with the radio and the cell phone switched off. d. exercised. e. looked in the mirror and had a kind thought about your body. the answers to these questions most likely reveal the biggest challenge most of us face in today's hectic world. how do we do it all? we all want to eat right, work out regularly, and be able to relax and find peace at the end of the day. but it just seems that life gets in the way. well now it doesn't have to. mariel hemingway's healthy living from the inside out is a revolutionary individualized program that teaches us how looking and feeling great are just a few simple choices away. no more bossy diets or impossible exercise routines. instead, mariel divides healthy living into four foundational areas where we can isolate the issues we all face and start making the best decisions for our life. food: what we eat and drink affects every part of our lives, from energy level to body shape. by making us conscious about our everyday choices, we learn to use food in a positive way to boost the body and mind and correct imbalances of weight, mood, and energy. mariel provides some of her favorite recipes to help us integrate a flavorful yet super nutritious diet into our regular lives. exercise: exercise is not just to stay in shape but to stay connected to ourselves. by putting the emphasis on quality not quantity, we learn to nurture ourselves, stay grounded, and transform our mental, emotional, and physical states a little bit each day. we'll end up looking and feeling better than ever. silence: in our super noisy world, bringing quiet reflection into our lives slows down the rush, helps us learn the empowering skill of observation, and ultimately can guide us into healthier habits and behaviors. home: too often the home in which we live echoes the clutter and chaos of the outside world. learn how to make home a place where we can rest, recharge, and refocus—a haven for the balanced life we (and our families) seek. encouraging us to listen to ourselves and do things differently, mariel presents a unique 30-day program for discovering real beauty, renewed energy, and a radiant life. we can all look amazing and feel fantastic from head to toe. the results are immediate and will last a lifetime.more</p>	<p>Readable/Downloadable</p>
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	<p>THE PREGNANT WOMAN'S COMFORT BOOK: A SELF-NURTURING GUIDE TO YOUR EMOTIONAL WELL-BEING DURING PREGNANCY AND EARLY MOTHERHOOD</p> <p>with the wit, humor, and style that have made her comfort book series so popular, mother jennifer louden brings her wisdom to the sometimes wonderful, sometimes overwhelming world of pregnancy. from the blissful moments to the panic attacks, louden guides women through the precarious emotional terrain of pregnancy and early motherhood with exercises, tips, and advice on a with the wit, humor, and style that have made her comfort book series so popular, mother jennifer louden brings her wisdom to the sometimes wonderful, sometimes overwhelming world of pregnancy. from the blissful moments to the panic attacks, louden guides women through the precarious emotional terrain of pregnancy and early motherhood with exercises, tips, and advice on a wide range of subjects, including: your changing body image and self-esteem fears about your relationship with your partner a rational approach to eating (and eating and eating) dream exploration and the creation of a pregnancy comfort journal the joyous -- and chaotic -- first months of motherhood ...more</p>	<p>Readable/Downloadable</p>
	<p>UNDERGROUND IN BERLIN: A YOUNG WOMAN'S EXTRAORDINARY TALE OF SURVIVAL IN THE HEART OF NAZI GERMANY</p> <p>a thrilling piece of undiscovered history, this is the true account of a young jewish woman who survived world war ii in berlin. in 1941, marie jalowicz simon, a nineteen-year-old berliner, made an extraordinary decision. all around her, jews were being rounded up for deportation, forced labor, and extermination. marie took off her yellow star, turned her back on the jewis a thrilling piece of undiscovered history, this is the true account of a young jewish woman who survived world war ii in berlin. in 1941, marie jalowicz simon, a nineteen-year-old berliner, made an extraordinary decision. all around her, jews were being rounded up for deportation, forced labor, and extermination. marie took off her yellow star, turned her back on the jewish community, and vanished into the city. in the years that followed, marie lived under an assumed identity, forced to accept shelter wherever she found it. always on the run, never certain whom she could trust, marie moved between almost twenty different safe-houses, living with foreign workers, staunch communists, and even committed nazis. only her quick-witted determination and the most hair-raising strokes of luck allowed her to survive. ...more</p>	<p>Readable/Downloadable</p>
	<p>LOVELY, BRAVE AND BRILLIANT: A WOMAN'S GUIDE TO HAPPINESS, COURAGE AND LIVING THE LIFE YOU DESIRE</p> <p>dare to take control of your power and design an exceptional life. as women with commitments and obligations to our friends, our families and careers, we can become so overwhelmed that we completely forget who we are. we feel lost, unhappy and confused. on top of that, you still have to take care of the day-to-day needs of your spouse, your children and your responsibilities dare to take control of your power and design an exceptional life. as women with commitments and obligations to our friends, our families and careers, we can become so overwhelmed that we completely forget who we are. we feel lost, unhappy and confused. on top of that, you still have to take care of the day-to-day needs of your spouse, your children and your responsibilities. it can make a girl want to run away from home. but that doesn't have to be your reality. imagine a life in which you never felt burdened, your relationships were more fulfilling, you knew exactly what you wanted, and you had a plan on how to get to it. you had a vision for your life and you could literally watch it come true. lovely, brave and brilliant walks you through the 12 principles that will take you from stressed, unsure and overwhelmed to confident, happy and self-assured by providing you with: ways to reconnect with your intuition and figure out what you want rituals to create deeper self-love, confidence, happiness and indestructible self-esteem a simple method to help you knock out fear and self-doubt within minutes communication tips to heal your relationships and create stronger personal connections a complete and simple process for identifying your goals and making them super achievable 19 lifestyle design exercises and access to worksheets to help you find your unique brilliance and design an exceptional life. beginning with her own personal journey, cindi walks you through the process that took her from unhappy and overwhelmed, to discovering her zone of brilliance and loving life! this book will give you inspiring, yet practical steps to help you nurture the mind, body, spirit connection and create a new awareness about the way you want to live your life. you will uncover your hidden potential, face challenges with a new outlook, and finally understand how to create the life of your desires! ...more</p>	<p>Readable/Downloadable</p>



THE MOTION OF THE OCEAN: 1 SMALL BOAT, 2 AVERAGE LOVERS, AND A WOMAN'S SEARCH FOR THE MEANING OF WIFE

the humorous true story of a woman who abandons her tidy life to honeymoon across the pacific on a leaky, old boat; only to find that sailing 17,000 miles is easier than keeping her relationship off the rocks. somewhere fifty miles off the coast of oregon i realize the skipper of this very small ship is an asshole. he also happens to be my husband. & the humorous true story of a woman who abandons her tidy life to honeymoon across the pacific on a leaky, old boat; only to find that sailing 17,000 miles is easier than keeping her relationship off the rocks. somewhere fifty miles off the coast of oregon i realize the skipper of this very small ship is an asshole. he also happens to be my husband. while most thirty-somethings are climbing the corporate ladder or popping out babies, janna cawrse and her boyfriend graeme take a different tack: they quit their jobs, tie the knot, and embark on a most unusual honeymoon cruise; 813 days across the pacific ocean on a beat-up old sailboat. their goal? relaxation and relationship therapy. but the passage from first date to first mate is anything but smooth sailing. from the craggy pacific northwest coast to the tropical isles of polynesia to the bustling ports of asia, janna and graeme must share everything: rations of top ramen, sailboat sewage duty, a boat the size of a bedroom, and every minute of every day. they realize: if their marriage can survive this, it can survive anything! like all great love stories, janna and graeme encounter storms and disasters along the way; and plenty of reasons for make-up sex. and they discover intimate secrets about each other, difficult truths about love, and skills they'll need to keep their boat; and their relationship; afloat. written in the style of popular travelogues by j. maarten troost (the sex lives of cannibals) and elizabeth gilbert (eat, pray, love), janna cawrse esarey gives readers a satisfying mix of soul-searching and romantic comedy while she seeks to answer this crucial question: when the waters get rough, will she; a novice sailor and spouse; abandon ship? or will she learn to navigate the world; and the one relationship that will teach her about sex, love, and the meaning of ; wife; ? ...more

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