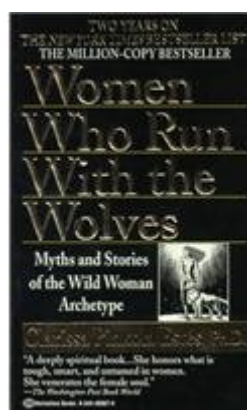

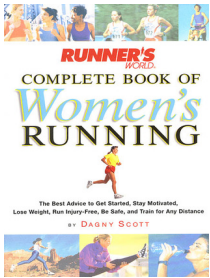
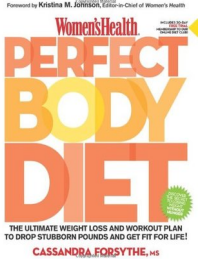



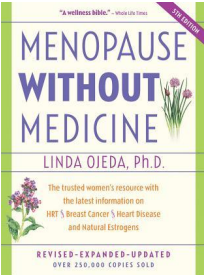
WOMEN WHO RUN WITH THE WOLVES: MYTHS AND STORIES OF THE WILD WOMAN ARCHETYPE

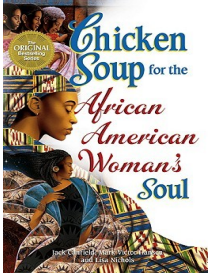


Download ebook of women who run with the wolves: myths and stories of the wild woman archetype by clarissa pinkola estés within every woman there is a wild and natural creature, a powerful force, filled with good instincts, passionate creativity, and ageless knowing. her name is wild woman, but she is an endangered species. clarissa pinkola estes, ph.d., jungian analyst and cantadora storyteller shows how women's vitality can be restored through what she calls "psychic archeological digs" in within every woman there is a wild and natural creature, a powerful force, filled with good instincts, passionate creativity, and ageless knowing. her name is wild woman, but she is an endangered species. clarissa pinkola estes, ph.d., jungian analyst and cantadora storyteller shows how women's vitality can be restored through what she calls "psychic archeological digs" into the ruins of the female unconscious. using multicultural myths, fairy tales, folk tales, and stories, dr. estes helps women reconnect with the healthy, instinctual, visionary attributes of the wild woman archetype. dr. estes has created a new lexicon for describing the female psyche. fertile and life-giving, it is a psychology of women in the truest sense, a knowing of the soul. ...more

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Cover	Title & Description	Status
	<p>GREAT MOMENTS IN WOMEN'S SPORTS (GREAT MOMENTS IN SPORTS) women's sports -- including golf, basketball, soccer, ice skating, tennis, track and field, and baseball -- are rich in special moments that will live on for generations. the sheer athleticism of babe didrikson zaharias and the artistry of sonja henie, the glory of the women's world cup competition and the stunning achievements of martina navratilova and steffi graf -- the women's sports -- including golf, basketball, soccer, ice skating, tennis, track and field, and baseball -- are rich in special moments that will live on for generations. the sheer athleticism of babe didrikson zaharias and the artistry of sonja henie, the glory of the women's world cup competition and the stunning achievements of martina navratilova and steffi graf -- these are just a few examples of the energy and competitive spirit in women's sports that are brought to life in this book. ...more</p>	<p>Readable/Downloadable</p>
	<p>RUNNER'S WORLD COMPLETE BOOK OF WOMEN'S RUNNING: THE BEST ADVICE TO GET STARTED, STAY MOTIVATED, LOSE WEIGHT, RUN INJURY-FREE, BE SAFE, AND TRAIN FOR ANY DISTANCE "listen to those millions of women runners. listen to their quiet breaths as they talk in predawn pairs, before the rest of the family wakes-- the lessons and questions they share to the rhythm of steady footsteps. 'i never thought i could...' 'i feel so much stronger.' 'i'm ready to take on a new challenge.' women develop a special sorority on the roads. this bond is a "listen to those millions of women runners. listen to their quiet breaths as they talk in predawn pairs, before the rest of the family wakes-- the lessons and questions they share to the rhythm of steady footsteps. 'i never thought i could.' 'i feel so much stronger.' 'i'm ready to take on a new challenge.' women develop a special sorority on the roads. this bond is an understanding based on acceptance, an appreciation of how far they have come, a knowing wink that says how much is yet to be gained. and so they talk and share and grow-- and run. singly and in groups, swiftly and slowly, they run." --dagny scott choose the best clothes and accessories * lose weight permanently * train for any race, from a 5-k to a marathon * run through menopause * be safe wherever you run * deal with self-consciousness and body image * prevent and treat injuries * run during pregnancy * eat for maximum energy .more</p>	<p>Readable/Downloadable</p>
	<p>WOMEN'S HEALTH PERFECT BODY DIET: THE ULTIMATE WEIGHT LOSS AND WORKOUT PLAN TO DROP STUBBORN POUNDS AND GET FIT FOR LIFE let's face it-women simply do not shed pounds or build muscle as easily as men do. drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of women's health, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well let's face it-women simply do not shed pounds or build muscle as easily as men do. drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of women's health, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. key features of women's health perfect body plan include: -glucomannan, a soluble fiber that helps dieters feel full faster-and therefore eat less throughout the day -meal plans that contain at least 40 grams of fiber per day -an adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat) -dieting techniques that revolve around psychological needs and personal goals and lifestyle -two diet plans to choose from-one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need) in addition to the customized eating plan-complete with 75 easy-to-prepare recipes-there is a vigorous customized fitness program consisting of 50 exercises that brings results in just three weeks. ...more</p>	<p>Readable/Downloadable</p>

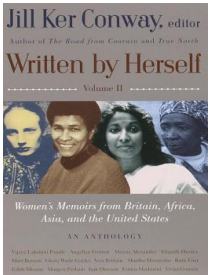
	<p>THE WOMEN'S HEALTH BODY CLOCK DIET: RESET YOUR BRAIN-BELLY SIGNAL TO DEFEAT CRAVINGS AND DROP POUNDS!</p> <p>the women's health body clock diet provides you with round-the-clock calorie control to finally eliminate the guesswork around dieting and the inadvertent cheating that so often sabotages good intentions. researchers have identified four key times of the day after 11 a.m. when women's hormones cause significant fluctuations in energy and metabolism, revving it high or leavi the women's health body clock diet provides you with round-the-clock calorie control to finally eliminate the guesswork around dieting and the inadvertent cheating that so often sabotages good intentions. researchers have identified four key times of the day after 11 a.m. when women's hormones cause significant fluctuations in energy and metabolism, revving it high or leaving it sluggish, triggering extreme hunger or allowing satisfaction on fewer calories. large surveys show that women who understand their hunger cues and can tailor their eating and exercising routines to specific times of the day will lose twice as much weight as those who don't follow a weight-loss timing plan. the women's health body clock diet offers you a 3-step plan to reprogram your metabolism for fast initial weight-loss and the tools to improve blood sugar stability for long-term body shape maintenance. the women's health body clock diet also provides an hour-by-hour analysis of hormone-driven fluctuations in hunger and lays out a step-by-step food-based solution: an innovative mindful eating plan that helps you overcome the cravings that lead to high-calorie overeating. the 30-day meal plan offers recipes, shopping lists, and a daily exercise to-do list, virtually guaranteeing compliance and 10 or more pounds of weight-loss, mostly from the tummy and thighs. ...more</p>	<p>Readable/Downloadable</p>
	<p>MENOPAUSE WITHOUT MEDICINE: THE TRUSTED WOMEN'S RESOURCE WITH THE LATEST INFORMATION ON HRT, BREAST CANCER, HEART DISEASE, AND NATURAL ESTROGENS</p> <p>this book is needed more than ever. the national institute of health interrupted their huge hrt (hormone replacement therapy) study in july 2002 after they found that prempo, a combination of estrogen and progestin, had detrimental health effects which include an increased risk for breast cancer, heart disease, and stroke. this new edition examines the latest information a this book is needed more than ever. the national institute of health interrupted their huge hrt (hormone replacement therapy) study in july 2002 after they found that prempo, a combination of estrogen and progestin, had detrimental health effects which include an increased risk for breast cancer, heart disease, and stroke. this new edition examines the latest information about hrt and the safer alternatives. it completely validates the author's long-held bias against hrt and shows women, whether perimenopausal, menopausal, or postmenopausal, how they can maintain and improve their health and well-being without the use of synthetic hormones. the book offers complete information on menopausal symptoms and effects and ways to alleviate them. updated sections cover heart disease (including hormonal effects, the role of cholesterol, diet, and supplements), osteoporosis, and breast cancer. the section on exercise and nutrition for health and weight is completely rewritten. the latest information on non-hormonal remedies to balance hormones is what is needed by every woman wanting to avoid hrt. ...more</p>	<p>Readable/Downloadable</p>
	<p>BIRTH IN FOUR CULTURES: A CROSSCULTURAL INVESTIGATION OF CHILDBIRTH IN YUCATAN, HOLLAND, SWEDEN, AND THE UNITED STATES (MONOGRAPHS IN WOMEN'S STUDIES)</p> <p>while the process of childbirth is, in some sense, everywhere the same, it is also everywhere different in that each culture has produced a birthing system that is strikingly dissimilar from the others. based on her fieldwork in the united states, sweden, holland, and yucatan, jordan develops a framework for the discussion and investigation of different birthing systems. i while the process of childbirth is, in some sense, everywhere the same, it is also everywhere different in that each culture has produced a birthing system that is strikingly dissimilar from the others. based on her fieldwork in the united states, sweden, holland, and yucatan, jordan develops a framework for the discussion and investigation of different birthing systems. illustrated with useful examples and lively anecdotes from jordan's own fieldwork, the fourth edition of this innovative comparative ethnography brings the reader to a deeper understanding of childbirth as a culturally grounded, biosocially mediated, and interactionally achieved event. ...more</p>	<p>Readable/Downloadable</p>



CHICKEN SOUP FOR THE AFRICAN AMERICAN WOMAN'S SOUL (CHICKEN SOUP FOR THE SOUL (PAPERBACK HEALTH COMMUNICATIONS))

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

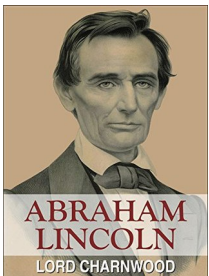
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WRITTEN BY HERSELF: VOLUME 2: WOMEN'S MEMOIRS FROM BRITAIN, AFRICA, ASIA AND THE UNITED STATES (WRITTEN BY HERSELF #2)

in this powerful new collection, the author of two of the most celebrated memoirs in recent years presents the autobiographical writings of 14 of her english-speaking predecessors and contemporaries. the women who tell their stories in written by herself, vol. ii represent three generations, four continents, and a range of experience that is equaled only by the diversity w in this powerful new collection, the author of two of the most celebrated memoirs in recent years presents the autobiographical writings of 14 of her english-speaking predecessors and contemporaries. the women who tell their stories in written by herself, vol. ii represent three generations, four continents, and a range of experience that is equaled only by the diversity with which they transform life into literature. here are england's vera brittain, commemorating the deaths of the men she loved in the carnage of world war i; emma mashinini, who endured imprisonment and torture as a labor organizer in south africa; vijaya lakshmi pandit, the daughter of indian aristocracy who became an architect of her country's independence; and edith mirante, the wisecracking american whose passion for justice took her to the opium trails of burma. collected in this stirring volume, their voices demonstrate the ways in which women strive for power, inclusion, and autonomy-- and never fail to move, inspire, and instruct us. contributors include: margery perham, isak dinesen, shudha mazumdar, vivian gornick, vera brittain, elspeth huxley, vijaya lakshmi pandit, gloria wade-gayles, angelica garnett, emma mashinini, meena alexander, edith mirante, mary benson, and ruth first. ...more

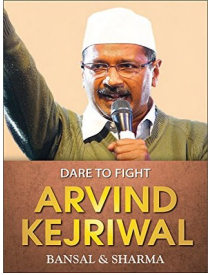
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ABRAHAM LINCOLN: A COMPLETE BIOGRAPHY ("POPULAR LIFE STORIES")

no other narrative account of abraham lincoln's life has inspired such widespread acclaim as lord charnwood's abraham lincoln: a complete biography. lord charnwood has given us the most complete interpretation of lincoln as yet produced, and he has presented it in such artistic form that it may well become a classic. many contemporary historians consider this thorough and no other narrative account of abraham lincoln's life has inspired such widespread acclaim as lord charnwood's abraham lincoln: a complete biography. lord charnwood has given us the most complete interpretation of lincoln as yet produced, and he has presented it in such artistic form that it may well become a classic. many contemporary historians consider this thorough and superbly crafted work the quintessential biography of one of america's greatest presidents. charnwood's study of lincoln's statesmanship introduced generations of americans to the life and politics of lincoln, and the author's observations are so comprehensive and well supported that any serious study of lincoln must respond to his conclusions. lord charnwood, a british by birth, was a man of many affairs and much learning. he had training in historical research and his work exhibits evidences of industrious and careful investigation. he made close examination of american newspapers of the period covered, and has had access to original manuscript archives in the state and navy departments at washington. this is essential reading for anyone interested in abraham lincoln, the civil war, or american political history. praise for abraham lincoln: "lord charnwood has given us the most complete interpretation of lincoln as yet produced, and he has presented it in such artistic form that it may well become a classic". ---american historical review "this book is bound to take first rank in the literature of lincoln, and in many respects it may be pronounced the best of the biographies". ---the nation "lord charnwood's remains the best lincoln biography". ---the weekly standard ...more

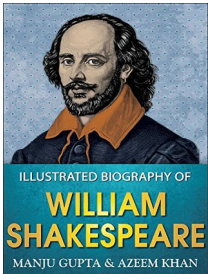
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ARVIND KEJRIWAL: DARE TO FIGHT ("POPULAR LIFE STORIES")

political science scholars and other intellectuals had never given it a thought that a common man, hailed from haryana's small town siwani, would challenge and destroy the established mythology of politics and become the chief minister of delhi, within a matter of few months. arvind kejriwal, who has transformed the sociology, geography and mathematics of indian politics, whe political science scholars and other intellectuals had never given it a thought that a common man, hailed from haryana's small town siwani, would challenge and destroy the established mythology of politics and become the chief minister of delhi, within a matter of few months. arvind kejriwal, who has transformed the sociology, geography and mathematics of indian politics, whether we like him or not... it is a matter of personal choice but the manner in which this man has transmogrified the entire political opinion, calls for a deeper look into this man's inner built and intentions. .more

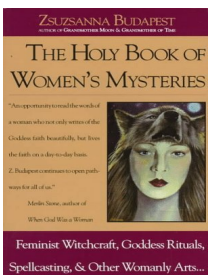
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ILLUSTRATED BIOGRAPHY OF WILLIAM SHAKESPEARE ("POPULAR LIFE STORIES")

hundreds of years have passed since william shakespeare's time. he has left behind nearly a million words of text, but his life is still a mystery. this book is an engaging introduction to a subject that students will certainly encounter many times throughout their education—and their lives. lucid language and dramatic illustrations re-create the bard's world of kings and hundreds of years have passed since william shakespeare's time. he has left behind nearly a million words of text, but his life is still a mystery. this book is an engaging introduction to a subject that students will certainly encounter many times throughout their education—and their lives. lucid language and dramatic illustrations re-create the bard's world of kings and queens, fairies and potions, and bloody beheadings. it imparts an amazing amount of vivid, interesting material about place, period and background of shakespeare. this sweeping account is a biography, a history, and a retelling of some of shakespeare's most famous plays—all in one approachable volume. salient features: • shakespeare's early life • life as playwright and actor • theatre companies • style of presentation • last years of life • england of shakespeare's days • drama in shakespeare's days • shakespeare's greatness as a poet • shakespeare's influence • works of shakespeare in detail • principal facts of shakespeare's life ...more

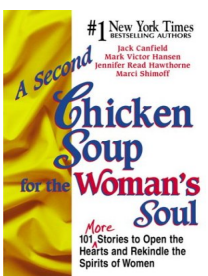
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THE HOLY BOOK OF WOMEN'S MYSTERIES: FEMINIST WITCHCRAFT, GODDESS RITUALS, SPELLCASTING AND OTHER WOMANLY ARTS

women's rights and rites merge in this complete guide to the principles and practices of matriarchal religion.

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A SECOND CHICKEN SOUP FOR THE WOMAN'S SOUL (CHICKEN SOUP FOR THE SOUL SERIES)

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

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SHIT TEST MASTERY: PASS WOMEN'S SHIT TESTS WITH FLYING COLORS

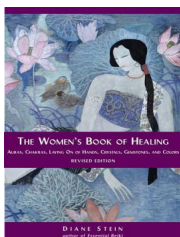
like most men, you don't enjoy being shit tested by women. in fact, you get slightly anxious when the pretty woman you're talking to at a bar asks you to buy her a drink. give in to her demand and you're no better than one of her many beta male admirers. refuse to buy her a drink and she might think that you're a jackass. unfortunately (or fortunately), you know that the s like most men, you don't enjoy being shit tested by women. in fact, you get slightly anxious when the pretty woman you're talking to at a bar asks you to buy her a drink. give in to her demand and you're no better than one of her many beta male admirers. refuse to buy her a drink and she might think that you're a jackass. unfortunately (or fortunately), you know that the shit testing will never stop; a woman who is attracted to you will shit test you till the day you die. you don't look forward to the day when you have a significant other, and she casually mentions how much she would love to have that expensive necklace she showed you at at the jewelry store. in fact, you fear that your future wife's "i would love to have it" might turn into "you better buy it for me or else ..." if you don't keep her shit testing under control. in the past, women's shit tests flummoxed the author as well. about 13 years ago, he and a sexy blonde stopped by a sorority party after sharing a romantic kiss on their second date. to the author's dismay, the bombshell ignored him at the party and talked only to her friends while observing the author from afar. after repeatedly failing to get her attention, the author left the party. a few days later, he was dumbfounded by the blonde's refusal to go on a third date with him. thankfully, the author is no longer as naive about women and their shit tests as he was in the past. late last year, when he approached a thai runway model at a nightclub, she told him that he looked like will smith, except that will smith was much bigger and taller than him, in addition to being far more handsome than him. the author responded by nonchalantly saying "hmm, interesting ..." and continued talking to her. the next day, the model did everything in her power to try to prevent him from leaving her place including cooking him breakfast and lunch, running to the convenience store to buy him protein shakes, and a few other things that are probably illegal in some parts of the world. what if you knew exactly how to execute the author's recommended strategy for dealing with women's shit tests? what would you do if you could easily deflect or sidestep the nastiest shit tests that make most men want to tear their hair out? how much more enjoyable would dating beautiful women be for you? would you ever buy a woman a drink again? unless you already know how to use verbal jujitsu to prevent women from emotionally manipulating you, 'shit test mastery' will transform your love life. in it, the author explains why using one of the six strategies men use to respond to women's shit tests gives the average man the best chance to respond to a shit test quickly and appropriately. to make sure that you never get bullied by a woman again, the author even executes his recommended strategy to respond to 72 shit tests that most heterosexual men will face at least once in their lifetimes. buy this book to learn how to pass women's shit tests with flying colors. ...more



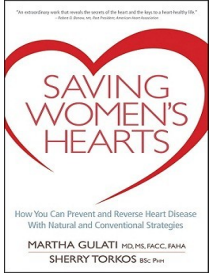
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THE WOMEN'S BOOK OF HEALING: AURAS, CHAKRAS, LAYING ON OF HANDS, CRYSTALS, GEMSTONES, AND COLORS

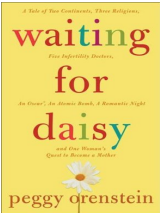
women are naturally healers. throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the goddess and actively choose to heal ourselves and women are naturally healers. throughout time, they have performed curative roles as mothers, midwives, caregivers, and wisewomen, but modern medicine has suppressed this important tradition. ancient women healers knew that the body is more than what is seen: through body, emotions, mind, and spirit, we can connect with the goddess and actively choose to heal ourselves and others. by relearning and using ancient skills like aura and chakra work, creative visualization, meditation, laying on of hands, psychic healing, and working with crystals and gemstones, women can prevent or transform many dis-eases of the body and spirit before they become matters for modern medicine. in the women'-?s book of healing, diane stein, author of the best-selling essential reiki, demystifies, explains, and teaches these skills in ways that modern women can learn and use. she first introduces basic healing, then applies those skills to healing with crystals and gemstones-a beautiful, effective, and empowering aspect of the ancient woman'-?s healing methods. a comprehensive guide from a knowledgeable healer, the women'-?s book of healing proves that well-being is within a woman'-?s choice and natural abilities, and reaffirms her timeless role as healer of herself and others. an affirmation of woman'-?s traditional role as healer, speaking to a national trend toward alternative medicine and natural healing methods. demystifies, explains, and teaches the healing capabilities of auras, chakras, laying on of hands, crystals, gemstones, and colors. thoroughly revised and updated, with a new introduction. diane stein'-?s books have sold more than 600,000 copies. from the trade paperback edition. ...more

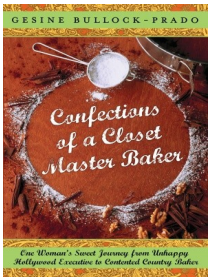


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	<p>SAVING WOMEN'S HEARTS: HOW YOU CAN PREVENT AND REVERSE HEART DISEASE WITH NATURAL AND CONVENTIONAL STRATEGIES</p>	<p>mention the term "heart disease" and most people picture an overweight, middle-aged man. yet the reality is that heart disease is the number one killer of women in north america, accounting for a third of all deaths in women and far surpassing the prevalence of breast cancer. cardiologist dr. martha gulati and holistic pharmacist sherry torkos separate the facts from the m mention the term "heart disease" and most people picture an overweight, middle-aged man. yet the reality is that heart disease is the number one killer of women in north america, accounting for a third of all deaths in women and far surpassing the prevalence of breast cancer. cardiologist dr. martha gulati and holistic pharmacist sherry torkos separate the facts from the many myths surrounding heart disease and offer the latest information on both the conventional medical approach and the role of natural medicine in understanding this illness. saving women's hearts examines the unique gender differences for women and provides valuable insight into the screening procedures, diagnosis, treatment options, and most importantly, prevention of heart disease. written by the leading experts in this field, this practical guide covers: how the heart works and the various types of heart disease why heart disease is different and unique for women the known and emerging risk factors for heart disease what you need to know about tests and screening procedures medications - the good, the bad, the ugly, the noteworthy nature's pharmacy - the role of vitamins and other supplements nutritional strategies for better heart health the latest exercise guidelines for women the impact of stress and practical tips on managing stress the role of sleep and heart health and much more... .more</p>	<p>Readable/Downloadable</p>
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	<p>SUSAN B ANTHONY: CHAMPION OF WOMEN'S RIGHTS [WITH PAPERBACK BOOK] (CHILDHOOD OF FAMOUS AMERICANS)</p>	<p>six-year old susan helps her grandmother in the kitchen and begins to learn the role of women in the household. it is 1825. women are not allowed to vote and by law must obey their husbands. seeing how hard the women of her family work, she is struck by the unfairness of such a law. susan's lifelong dedication culminates in the 1920 election wherein women first gain the ri six-year old susan helps her grandmother in the kitchen and begins to learn the role of women in the household. it is 1825. women are not allowed to vote and by law must obey their husbands. seeing how hard the women of her family work, she is struck by the unfairness of such a law. susan's lifelong dedication culminates in the 1920 election wherein women first gain the right to vote. this story gives children a historical sense of how one woman helped to bring about the civil rights that are enjoyed today. by focusing on the childhood of famous americans, this special series of audiobooks allows the subjects to come alive for children. the everyday details of family life, the time period in which they lived, what they wore and the challenges they faced in school create a window through which children can access history. the early evidence of character, responsibility, ability and courage are showcased in common situations to which every child can relate. geared for children ages eight and up, the childhood of young americans series is lively and inspirational. it's an ideal way to sweep today's young reader right into the past. ...more</p>	<p>Readable/Downloadable</p>
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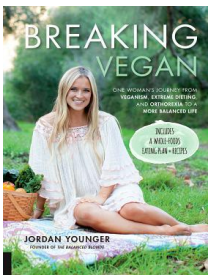
	<p>WAITING FOR DAISY: A TALE OF TWO CONTINENTS, THREE RELIGIONS, FIVE INFERTILITY DOCTORS, AN OSCAR, AN ATOMIC BOMB, A ROMANTIC NIGHT, AND ONE WOMAN'S QUEST TO BECOME A MOTHER</p>	<p>waiting for daisy is about loss, love, anger and redemption. it's about doing all the things you swore you'd never do 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</p>	<p>Readable/Downloadable</p>
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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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