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KEY=UP - AHMED JAYLA

DON'T WAKE UP

A SHOCKING AND COMPELLING NEW THRILLER THAT YOU WILL NOT BE ABLE TO PUT DOWN!

twenty7

DON'T WAKE UP

THE MOST GRIPPING FIRST CHAPTER YOU WILL EVER READ!

Bonnier Publishing Fiction Ltd. 'Mind-blowing. It kept me guessing from the beginning to the end' Reader review * * * * * The pitch-black bestselling psychological thriller for fans of Friend Request by Laura Marshall and I Am Watching You by Teresa Driscoll. Alex Taylor wakes up tied to an operating table. The man who stands over her isn't a doctor. The choice he forces her to make is utterly unspeakable. But when Alex re-awakens, she's unharmed - and no one believes her horrifying story. Ostracised by her colleagues, her family and her partner, she begins to wonder if she really is losing her mind. And then she meets the next victim. So compulsive you can't stop reading. So chilling you won't stop talking about it. Don't Wake Up is a dark, gripping psychological thriller with a horrifying premise and a stinging twist . . . Readers are completely gripped by Don't Wake Up: 'A gripping read right up to the end . . . fast-paced, well written and exciting' * * * * * 'Full of twists . . . one of the best books I've read in a while' * * * * * 'A perfect balance of suspense, drama, crime and mystery. A superbly executed book I could not stop reading!' * * * * * 'Couldn't put it down' * * * * * 'An outstanding debut novel' * * * * * 'One of my favourite reads this year' * * * * * 'Gripping, fascinating, slightly terrifying, and moved at a quick pace. Overall a great psychological thriller' * * * * * 'This is a fantastic novel that will hook you right in and leave you suspecting every single character' * * * * *

DON'T WAKE UP THE TIGER

Candlewick Press Tiger is fast asleep, but oh dear! She's lying completely in the way. Just how will the animals get past without waking her up? Luckily, Frog has an excellent idea and, holding his balloon, he floats right over sleeping Tiger! Fox is next, followed by Tortoise, Mouse and Stork, but it will be tricky for them all to get past without Tiger noticing! It's a good job that the reader is there to help keep Tiger asleep, isn't it? But where exactly are they going with all those big shiny balloons? Do you think it might be someone's birthday? Can you guess who?

ATOMIC HABITS

AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

Penguin The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience

to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

I'LL FIND YOU

THE MOST PULSE-POUNDING THRILLER YOU'LL READ THIS YEAR FROM THE BESTSELLING AUTHOR OF DON'T WAKE UP

Bonnier Publishing Fiction Ltd. For fans of *THE SILENT PATIENT* comes a chilling and unrelenting new psychological thriller, from the author of bestselling *DON'T WAKE UP*. Emily Jacobs wakes up in the night after a minor operation, woozy with anaesthetic. She sees the doctor frantically trying to resuscitate the woman in the bed next to her. In the morning, she is told that she must have had a nightmare. That the bed has been empty all along . . . When Emily returns to her work as a nurse, she discovers a bracelet that she believes belonged to the missing woman. She becomes convinced the people at the hospital are hiding a terrible secret. What if she's right? What else could they be capable of? Praise for Liz Lawler 'Outstanding . . . a rollercoaster of a read' Angela Marsons 'Addictive . . . intensely creepy' Liz Loves Books 'Pitch-black and devastatingly original' Independent.ie 'A compelling read with believable, memorable characters and an exciting setting' Booklist

HOLDING UP THE UNIVERSE

Alfred A. Knopf Books for Young Readers A New York Times Bestseller From the author of the New York Times bestseller *All the Bright Places* comes a heart-wrenching story about what it means to see someone—and love someone—for who they truly are. Everyone thinks they know Libby Strout, the girl once dubbed “America’s Fattest Teen.” But no one’s taken the time to look past her weight to get to know who she really is. Following her mom’s death, she’s been picking up the pieces in the privacy of her home, dealing with her heartbroken father and her own grief. Now, Libby’s ready: for high school, for new friends, for love, and for EVERY POSSIBILITY LIFE HAS TO OFFER. In that moment, I know the part I want to play here at MVB High. I want to be the girl who can do anything. Everyone thinks they know Jack Masselin, too. Yes, he’s got swagger, but he’s also mastered the impossible art of giving people what they want, of fitting in. What no one knows is that Jack has a newly acquired secret: he can’t recognize faces. Even his own brothers are strangers to him. He’s the guy who can re-engineer and rebuild anything in new and bad-ass ways, but he can’t understand what’s going on with the inner workings of his brain. So he tells himself to play it cool: Be charming. Be hilarious. Don’t get too close to anyone. Until he meets Libby. When the two get tangled up in a cruel high school game—which lands them in group counseling and community service—Libby and Jack are both pissed, and then surprised. Because the more time they spend together, the less alone they feel. . . . Because sometimes when you meet someone, it changes the world, theirs and yours. Jennifer Niven delivers another poignant, exhilarating love story about finding that person who sees you for who you are—and seeing them right back. “Niven is adept at creating characters. . . . [Libby’s] courage and body-positivity make for a joyful reading experience.” --The New York Times “Holding Up the Universe . . . taps into the universal need to be understood. To be wanted. And that’s what makes it such a remarkable read.” —TeenVogue.com, “Why New Book Holding Up the Universe Is the Next The Fault in Our Stars” “Want a love story that will give you all the feels? . . . You’ll seriously melt!”—Seventeen Magazine

COMPACT FIRST STUDENT'S BOOK WITHOUT ANSWERS WITH CD-ROM

Cambridge University Press Highly focused preparation for the revised 2015 Cambridge English: First (FCE) course in 50-60 core hours. This Student's Book without answers provides B2-level students with thorough preparation and practice needed for exam success. Ten units cover all four exam papers in a step-by-step approach. 'Quick steps' and Writing, Speaking and Listening guides explain what to expect in the exam, and provide strategies on approaching each paper, model answers, useful expressions and further practice. The CD-ROM provides interactive grammar, vocabulary and writing practice. Two complete practice tests are available online for teachers to access. Recordings for the Listening exercises are found on the Class Audio CDs or in the Student's Book Pack, available separately.

HOLDING OUT FOR A ZERO

Heather Wardell “I’m doing the right thing, not feeding myself. It’s the only thing I can do, so I will do it. Gloria can somehow have the energy I don’t take in, and it will help her stay alive.” Twenty years ago, fourteen-year-old Valerie rushed off for lunch with her boyfriend instead of properly putting away a packet of balloons, and her little brother choked to death on his third birthday. In response, Valerie locked down every aspect of her life so she could never lose control like that again, and she’s still doing that today. So when her sister Gloria is found comatose after an apparently random attack, Valerie

is desperate to do something, anything, to save her only remaining sibling. But as a financial controller for a “nothing bigger than a size six” fashion designer, she has no medical background and no idea of how to help. But she has to find a way. Since Gloria has always wanted to be a size zero, Valerie hits on food as the answer: by eating less, she will lose the weight Gloria now can't and somehow save her sister that way. But when “eating less” turns into a frantic starvation diet to reach size zero before Gloria dies, will Valerie's self control save her sister or destroy her own life?

GRIPPED

YOUR PERSONALITY IS WHAT'S HOLDING YOU BACK

John Hunt Publishing Have you ever read an advertisement and felt like it was written directly to you? Well, what if it was? And if you were told that there's an underground group telling you and those around you what to buy, what to wear, and what to consume? Join the fun. The only thing holding you back is your own personality. We recommend that you read Grippped with a nice bottled water.

HOLDING THE MONEY CAN

Trafford Publishing Until I was 65 years old, I did not know where I was born or when. I needed a birth certificate to get a marriage license.

COMPACT FIRST STUDENT'S BOOK PACK (STUDENT'S BOOK WITH ANSWERS WITH CD-ROM AND CLASS AUDIO CDS (2))

Cambridge University Press A highly focused Cambridge English: First (FCE) course providing efficient exam preparation in 50-60 core hours. The syllabus for this exam has changed and this book has now been replaced by 9781107428454 Compact First Second edition Student's Book Pack (Student's Book with answers with CD-ROM and Class Audio CDs(2)).

THE IMMORTAL RULES

Harlequin These vampires don't sparkle...they bite. Book 1 of the Blood of Eden trilogy by Julie Kagawa, New York Times bestselling author of The Iron Fey, begins a thrilling dark fantasy series where vampires rule, humans are prey...and one girl will become what she hates most to save all she loves. Allison Sekemoto survives in the Fringe, where the vampires who killed her mother rule and she and her crew of outcasts must hide from the monsters at night. All that drives Allie is her hatred of vampires, who keep humans as prey. Until the night Allie herself dies...a becomes one of the monsters. When she hears of a mythical place called Eden that might have a cure for the blood disease that killed off most of civilization, Allie decides to seek it out. Hiding among a band of humans, she begins a journey that will have unforeseen consequences...to herself, to the boy she's falling for who believes she's human, and to the future of the world. Now Allie must decide what—and who—is worth dying for...again. “A fresh and imaginative thrill ride.” —Publishers Weekly, starred review Books in the Blood of Eden series: The Immortal Rules The Eternity Cure The Forever Song

WAKE UP AND EAT THE KALE

HOW I HEALED MYSELF NATURALLY FROM ADVANCED CANCER USING BODY, MIND AND SPIRIT

FriesenPress In 2010, Wendy Banting was diagnosed with advanced aggressive breast cancer. In that life-defining moment, she felt strongly that she needed to leave the traditional medical model of treating cancer in favour of a more natural approach. In the pioneering spirit of her famous relative Sir Frederick Banting, discoverer of insulin, who was also working towards a cure for cancer in his last days, she has forged a new vision and model to address cancer as it becomes more prevalent. Wendy believes that the possibility of healing naturally lies within each person. Discover the steps Wendy took to cure her own cancer, without surgery, chemotherapy, or radiation.

NO HOLDING BACK

Infinity Publishing What happens when two people meet for the first time twice? Fate gives Al and Veronica first hand experience to answer this question. Who says you only get one chance to make a first impression?

I WAKE UP SCREENING

WHAT TO DO ONCE YOU'VE MADE THAT MOVIE

Billboard Books A compilation of essays, commentary, insights, and practical information from sixty leading Hollywood insiders furnishes helpful advice for independent filmmakers, with contributions by Christine Vachon, Geoff Gilmore, Bill Condon, Roger Ebert, Richard Pena, and other filmmakers, directors, critics, and producers. Original.

THE FAT LADIES CLUB: FACING THE FIRST FIVE YEARS

FACING THE FIRST FIVE YEARS

Penguin UK Following up from the huge success of their first book, *The Fat Ladies Club* now write about their experiences as mums of under 5's. In their refreshingly open and intimate style, they talk about all the issues that every new mum faces ... How do you deal with a toddler who will only eat chocolate? How do you juggle a second and third child into your hectic life? What do you do when your potty trained child does a wee on a fake tree in a restaurant? Will you ever get a full night's sleep again, without the entire family ending up in one bed? What happens to your sex and social lives? And how on earth will you cope when you eventually have to wave goodbye to your child on their first day of school?

SIMPLE SELF-DISCIPLINE BOX SET (6-BOOK BUNDLE)

Meadows Publishing Get 6 Bestselling Books About Self-Discipline for a Greatly Reduced Price—Over 1300 Pages of Practical Advice! The books included in the bundle: 1. *How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals* 2. *Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals* 3. *Self-Disciplined Dieter: How to Lose Weight and Become Healthy Despite Cravings and Weak Willpower* 4. *How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise* 5. *365 Days With Self-Discipline: 365 Life-Altering Thoughts on Self-Control, Mental Resilience, and Success* 6. *Self-Disciplined Producer: Develop a Powerful Work Ethic, Improve Your Focus, and Produce Better Results* Some of the things you'll learn include: - What a bank robber with lemon juice on his face can teach you about self-control. The story will make you laugh out loud, but its implications will make you think twice about your ability to control your urges. - What dopamine is and why it's crucial to understand its role to break your bad habits and form good ones. - 5 practical ways to train your self-discipline. Discover some of the most important techniques to increase your self-control and become better at resisting instant gratification. - Methods to thrive in face of adversity, cravings, temptations and discomfort and feel good about it. - Strategies to keep pushing when nothing seems to work and you're on the verge of giving up. - How to develop key self-awareness skills to push yourself through to your goal. - What daily habits contribute to setbacks and how to replace them with better alternatives to design a healthy lifestyle (just one bad habit can add more than 500 calories a day to your diet). - How to like healthy foods as much as, if not more than, unhealthy foods (it's all about making small changes). - How to increase satiety to stick to your diet (the right foods can be up to seven times more satiating). - Why the most common type of motivation people use to exercise is usually ineffective (and which types of motivation are much stronger). - How to find time to exercise despite a hectic schedule (and surprising math that shows you actually lose time when you don't make time for exercise). - How to enjoy exercise while still getting the most powerful benefits of it (hint: if your workout involves "work," it's not a good workout). - How to overcome your initial resistance and procrastination based on the remark made by one of the most renowned Renaissance men. - How a trick used by screenwriters can help you figure out the first step needed to get closer to your goals. - How to maintain self-discipline in the long-term by paying attention to what a bestselling non-fiction author calls necessary to survive and thrive. - Three strategies to ensure that you always finish what you started instead of leaving all your projects half-finished. - A principle developed in the 14th century by an English philosopher that can help you simplify your workday and become more productive. - A law humorously invented by a British naval historian that can help you perform your most important tasks in half the time usually needed to get them done.

DON'T TELL, DON'T TELL, DON'T TELL

Second Story Press Sixteen-year-old Frederick has a lot of rules for himself. Like if someone calls him Freddy he doesn't have to respond; he only wears shirts with buttons and he hates getting dirty. His odd behavior makes him an easy target for the "Despisers" at school, but he's gotten used to eating lunch alone in the Reject Room. Angel, in tenth grade but already at her sixth school, has always had a hard time making friends because her family moves around so much. Frederick is different from the other kids she's met - he's annoyingly smart, but refreshingly honest - and since he's never had a real friend before, she decides to teach him all her rules of friendship. But after Angel makes a rash decision and disappears, Frederick is called in for questioning by the police and is torn between telling the truth and keeping his friend's secret. Her warning to him - don't tell, don't tell, don't tell - might have done more harm than good.

THE GIRL IN THE LETTER: THE MOST GRIPPING, HEARTWRENCHING PAGE-TURNER OF THE YEAR

Headline 'A great book, truly hard to put down. Fast paced, brilliantly plotted and desperately sad at times - all hallmarks of a bestseller' Lesley Pearse on *The Girl in the Letter* 'I was gripped by *The Girl in*

the Letter. The story is compelling, twisty, heart-wrenching and thought-provoking. A novel that stays with you' Sophie Kinsella Perfect for fans of Kate Morton and Kathryn Hughes, this gripping novel of long-buried secrets will stay with you for ever. A heartbreaking letter. A girl locked away. A mystery to be solved. 1956. When Ivy Jenkins falls pregnant she is sent in disgrace to St Margaret's, a dark, brooding house for unmarried mothers. Her baby is adopted against her will. Ivy will never leave. Present day. Samantha Harper is a journalist desperate for a break. When she stumbles on a letter from the past, the contents shock and move her. The letter is from a young mother, begging to be rescued from St Margaret's. Before it is too late. Sam is pulled into the tragic story and discovers a spate of unexplained deaths surrounding the woman and her child. With St Margaret's set for demolition, Sam has only hours to piece together a sixty-year-old mystery before the truth, which lies disturbingly close to home, is lost for ever... Read her letter. Remember her story... 'What a heartfelt emotional story, made even more so because it's based on a shocking truth. I raced through it, involved, moved and gripped' Fanny Blake

BOYS' LIFE

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

WAKE UP AND CHANGE YOUR LIFE

Orion Duncan Bannatyne reveals how to set up a business and make it a great success. Having started out with ice cream van, he knows exactly how it can be done - and how to avoid the pitfalls along the way. In a series of clear and easy-to-follow chapters, Duncan removes the barriers to getting started as an entrepreneur, and helps to plan a way forward through those potentially difficult early days. He shows that there is no substitute for hard work, and insists that you must be completely honest with yourself about your own strengths and weaknesses if you are to succeed. He outlines the key attributes you will need and how you can develop them to achieve your dreams. Backed with fascinating examples from his own career and case studies from a wide range of other entrepreneurs, this book provides the perfect wake-up call for you to change your life for the better.

SKI

THE CHEAT TO LOSE DIET

CHEAT BIG WITH THE FOODS YOU LOVE, LOSE FAT FASTER THAN EVER BEFORE, AND ENJOY KEEPING IT OFF!

Harmony How many times has this happened to you? You start a new diet with every intention of sticking to it, cutting out all of your favorite foods and eating exactly what the diet tells you to. At first, you're thrilled to see the numbers on the scale go down, but after a short while, weight loss slows and you hit a plateau. Then, you're feeling quite the opposite - frustrated, weak, and unsatisfied. So what do you do? Exactly what we all do when a diet simply isn't working: quit. Many times, author, fitness expert, and Body-for-Life champion Joel Marion found himself in a similar place. But through a series of classic diet "screwups," Joel discovered a startling truth: cheating on your diet can actually accelerate fat loss. Based on cutting-edge medical research, The Cheat to Lose Diet reveals the hormonal connection between strategic cheating and fat loss that will change the way you diet forever. Special features include: • An easy-to-follow three-phase program: Priming, Core, and Maintenance • A simple weekly plan in which more carbohydrates are deliberately added with each passing day, leading up to the "Cheat Day" • The CTL Cardio Solution: a revolutionary eighteen-minute, fat-melting cardio workout that has been shown to burn up to nine times the fat of traditional cardio • Tips for staying on track, including twelve weeks of daily menu plans and seventy-five recipes, so you're never in doubt of the types of foods and meals to enjoy while following the plan On Cheat Days you'll cheat BIG with all your favorite foods-chocolate chip cookies, pizza, ice cream-whatever you'd like and as much as you'd like of it. But never again will you feel guilty for indulging in the foods you love because you'll learn and come to know that dietary cheating is absolutely vital to your fat-loss success. Here, finally, is a diet that works with your body to help you lose fat faster than restrictive dieting ever could. So start cheating-and losing-today!

WILL & PATRICK WAKE UP MARRIED

EPISODE 1

Leta Blake Books Join the fun in this vibrant first installment of the sexy, soapy serial by best-selling author Leta Blake and newcomer Alice Griffiths! After a drunken night of hot sex in Vegas, strangers Will Patterson and Dr. Patrick McCloud wake up married. A quickie divorce is the most obvious way out—unless you're the heir of a staunchly Catholic mafia boss with a draconian position on the sanctity of marriage. Stuck between a rock and a hard place, Will and Patrick don't like it, or each other, but they have to make the best of it until they can find another way out of their marriage. To ensure the trust fund Will's charitable foundation relies on isn't revoked by his mobster grandfather, he and Patrick travel to Will's hometown of Healing, South Dakota, posing as a newlywed couple in the throes of true

love at first sight. Complicating their scheme are Will's unresolved feelings for his all-too-recent ex-boyfriend Ryan, and Patrick's desire to get back to the only thing that really matters to him in life: neurosurgery. Will they fool everyone? Or will the mafia get wind that their marriage is a fake? Throw their simmering attraction into the mix and all bets are off! Episode 1 of 6 in the Wake Up Married serial.

ONLY DON'T KNOW

SELECTED TEACHING LETTERS OF ZEN MASTER SEUNG SAHN

Shambhala Publications Here is the inimitable Zen Master Seung Sahn up close and personal—in selections from the correspondence that was one of his primary modes of teaching. Seung Sahn received hundreds of letters per month, each of which he answered personally, and some of the best of which are included here. His frank and funny style, familiar to readers of *Dropping Ashes on the Buddha*, is seen here in a most intimate form. The beloved Zen master not only answers questions on Zen teaching and practice, but applies an enlightened approach to problems with work, relationships, suffering, and the teacher-student relationship.

THE POSITIVE BREASTFEEDING BOOK

EVERYTHING YOU NEED TO FEED YOUR BABY WITH CONFIDENCE

Pinter & Martin Ltd How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby, suddenly everyone around you becomes an expert – particularly when it comes to how to feed them. It is easy to become overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby, you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

THARON ANN

FROM ORPHAN, TO ACTRESS, TO MOTHER, TO SEEKER

Willow Grove Press "Tharon Ann" is a memoir of one woman's life, from orphan, to actress, to mother, to seeker, as the book's byline summarizes. It is written in several voices as her life progresses; the first, her childhood, a voice reminiscent of Faulkner, Williams, and other southern writers; the second, that of an actress who takes us with her into the world of movies, theatre, and television; the third, of a wife and mother who as a single parent, along with her small boys, puts us into the "Old Chevy with a suitcase tied to the top" trekking cross-country to a new life; and finally, the fourth about the richest part of her life, which allows us access into a fantastic journey of the spirit, with openness, humor, and charm. The book is more than a memoir in the traditional sense. It is a road map, a guide on determination, on achievement against all odds on that thing called hope.

I KNOW WHERE SHE IS

A BREATHTAKING THRILLER THAT WILL HAVE YOU HOOKED FROM THE FIRST PAGE

Canelo 'This explosive debut reels you in from the first page and never lets up. Sinister, unsettling and gripping.' *The Sun* A heart-stopping, gripping thriller for fans of C. L. Taylor, Karin Slaughter and Linwood Barclay On the tenth anniversary of her daughter Autumn's abduction, Francine receives an anonymous note containing just five words: I KNOW WHERE SHE IS When a young woman approaches her the next day claiming to have sent the letter Francine wants to dismiss it as a cruel, twisted joke. But the stranger knows things that only Autumn would know. It soon becomes clear that Francine must go to dark places in order to learn the truth about her child's kidnapping. She will discover that danger comes from unexpected sources. She will do things she never imagined herself capable of. But will Francine get her daughter back – or is it too late? Praise for *I Know Where She Is* 'This explosive debut reels you in from the first page and never lets up. Sinister, unsettling and gripping.' *The Sun* 'Ebook of

the Week' 'A clever, fast paced and gripping thriller, brought to life by a truly outstanding lead character.' The Chestnut Reading Tree 'An excellent roller coaster of emotions with some great twists and turns. Five stars!' Stardust Book Reviews 'A fast paced, dark, gritty thriller, that will hook you from the first page.' Whispering Stories 'A thriller of the highest order.' The Writing Greyhound 'Fantastic story full of unexpected twists and turns.' Turn The Page 'This book is dark, and delicious. I loved it.' Rachel Dove 'A compulsive read... plot twists that leave you breathless.' Reader review 'Had me hooked from the first page and I didn't want to put it down.' Reader review 'Gripping and twisty throughout, kept me gripped from the word go. An absolute must read! Definitely one of the best books of it's genre that I have read this year.' Reader review 'This novel's starts with a bang and doesn't let up from there. It is a hard-hitting, fast-paced novel, that will have you guessing what is going to happen next.' Reader review 'One of the most gripping books that I have read in a long time.' Reader review 'I decided to start this last night and finally finished at 3am! I could not put it down.' Goodreads reviewer 'Fantastic read could not put this down :) Would recommend' 4* Reader review

WAKE UP IN PARADISE

Lulu.com Wake up in Paradise is a modern Cinderella story. Complete with a handsome Prince that will delight readers who love romantic fiction It is an adventure to an exotic, magical paradise where dreams can come true. With fragrant tropical nights that are perfect for romance. As well as enough intrigue and mystery to keep you reading with anticipation until the very last page.

PRACTICAL APPROACHES FOR BUILDING STUDY SKILLS AND VOCABULARY

YOU'VE REACHED SAM

A NOVEL

Wednesday Books An Instant New York Times Bestseller! If I Stay meets Your Name in Dustin Thao's You've Reached Sam, a heartfelt novel about love and loss and what it means to say goodbye. Seventeen-year-old Julie Clarke has her future all planned out—move out of her small town with her boyfriend Sam, attend college in the city; spend a summer in Japan. But then Sam dies. And everything changes. Heartbroken, Julie skips his funeral, throws out his belongings, and tries everything to forget him. But a message Sam left behind in her yearbook forces memories to return. Desperate to hear him one more time, Julie calls Sam's cell phone just to listen to his voice mail recording. And Sam picks up the phone. The connection is temporary. But hearing Sam's voice makes Julie fall for him all over again and with each call, it becomes harder to let him go. What would you do if you had a second chance at goodbye? A 2021 Kids' Indie Next List Selection A Cosmo.com Best YA Book Of 2021 A BuzzFeed Best Book Of November A Goodreads Most Anticipated Book

THE AMERICAN MAGAZINE

OUT BEYOND THE VERRAZANO

Lulu.com A novel about a Bronx Irish fishing family on City Island in New York City. Stories are told by a father, his two sons, the woman they both love and a teenage grandson, about the dangers of life at sea and the perils of life on land: how families pull us together and tear us apart. The characters struggle with the dreams they have for themselves and each other, they battle a relentless sea for their living and try to come to grips with their dependence on and rejection of each other. But as things seem at times hopeless, time and hope offer redemption from unlikely sources. Like life, a story of struggle that aspires to a happy ending.

THE NEW FATHER: A DAD'S GUIDE TO THE FIRST YEAR (THIRD EDITION) (THE NEW FATHER)

WW Norton An indispensable handbook on all aspects of fatherhood during the first 12 months, by the author of The Expectant Father. The essential handbook for all things first-year father is now fully updated and revised. Not only will new dads get a month-by-month guide to their baby's development, men reading The New Father will learn how they change, grow, and develop over the first twelve months of fatherhood. In each chapter, Brott focuses on What's Going On with the Baby; What You're Going Through; What's Going On with Your Partner; You and Your Baby; Family Matters; and more. The latest research, as well as time-honored wisdom--and humor, thanks to New Yorker cartoons and Brott's light touch--make The New Father indispensable for the modern father who doesn't want to miss a moment of his child's first year. What's new? ? How technology is changing fatherhood ? Changing definitions of fatherhood ? Changes in the way society deals with dads?from changing tables in public men's rooms to workplace flexibility ? Research proving that a father's love is just as important as a mother's ? How being an involved dad rewires a man's brain ? How changes in women's roles in the family affect dads and their roles ? Special concerns for: young dads, older dads, at-home dads, unmarried dads, dads in same-sex couples, dads in blended families, dads of kids with special needs, and men who became dads with the help of technology ? The special impact dads have on girls and boys ? Specific strategies dads can use to get?and stay?involved in their children's lives ? Updated

resources for new fathers Not to mention new research and information on: ? How to understand what your baby is telling you ? Babies' amazing abilities ? Baby massage--they love it! ? The latest on vaccinations and healthcare ? And much, much more

THIS IS WHERE IT ENDS

Sourcebooks, Inc. *The #1 New York Times Bestseller A BuzzFeed Best Book of the Decade A Paste Magazine Best Book of the Decade Everyone has a reason to fear the boy with the gun... 10:00 a.m.: The principal of Opportunity, Alabama's high school finishes her speech, welcoming the entire student body to a new semester and encouraging them to excel and achieve. 10:02 a.m.: The students get up to leave the auditorium for their next class. 10:03: The auditorium doors won't open. 10:05: Someone starts shooting. In 54 minutes, four students must confront their greatest hopes, and darkest fears, as they come face-to-face with the boy with the gun. Includes special bonus content: a letter from the author, discussion questions, two bonus chapters, a conversation with the author, and a playlist! Praise for This Is Where It Ends: A BuzzFeed Best Book of the Decade A Paste Magazine Best Book of the Decade A BookRiot Best Book of the Decade A Professional Book Nerds Best Book of the Decade "Marieke Nijkamp's brutal, powerful fictional account of a school shooting is important in its timeliness." —Bustle.com "A gritty, emotional, and suspenseful read and although fictionalized, it reflects on a problematic and harrowing issue across the nation." —Buzzfeed "A compelling, brutal story of an unfortunately all-too familiar situation: a school shooting. Nijkamp portrays the events thoughtfully, recounting fifty-four intense minutes of bravery, love, and loss." —BookRiot*

THE 5AM CLUB

OWN YOUR MORNING. ELEVATE YOUR LIFE.

HarperCollins *Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.*

ON THE COME UP

HarperCollins *#1 New York Times bestseller · Seven starred reviews · Boston Globe-Horn Book Award Honor Book "For all the struggle in this book, Thomas rarely misses a step as a writer. Thomas continues to hold up that mirror with grace and confidence. We are lucky to have her, and lucky to know a girl like Bri."—The New York Times Book Review This digital edition contains a letter from the author, deleted scenes, a picture of the author as a teen rapper, an annotated playlist, Angie's top 5 MCs, an annotated rap, illustrated quotes from the book, and an excerpt from Concrete Rose, Angie's return to Garden Heights. Sixteen-year-old Bri wants to be one of the greatest rappers of all time. Or at least win her first battle. As the daughter of an underground hip hop legend who died right before he hit big, Bri's got massive shoes to fill. But it's hard to get your come up when you're labeled a hoodlum at school, and your fridge at home is empty after your mom loses her job. So Bri pours her anger and frustration into her first song, which goes viral . . . for all the wrong reasons. Bri soon finds herself at the center of a controversy, portrayed by the media as more menace than MC. But with an eviction notice staring her family down, Bri doesn't just want to make it—she has to. Even if it means becoming the very thing the public has made her out to be. Insightful, unflinching, and full of heart, On the Come Up is an ode to hip hop from one of the most influential literary voices of a generation. It is the story of fighting for your dreams, even as the odds are stacked against you; and about how, especially for young black people, freedom of speech isn't always free. Don't miss Concrete Rose, Angie Thomas's powerful prequel to her phenomenal bestseller, The Hate U Give!*

NO HOLDING BACK

Simon and Schuster *Actress, presenter, talent show judge. Daughter, wife, mother, survivor. There's so much more to Amanda Holden than fame. A natural-born performer, Amanda's journey to becoming one of the most recognisable faces on our screens today has been one full of love, laughter and tears. A British star and nationally treasured actress, she has appeared on our screens and stages for over*

20 years. In the notoriously tricky world of show business, Amanda has carved out her own identity and enjoyed impressive longevity, not least as the longest running judge on hit ITV show Britain's Got Talent. She never fails to keep her audience engaged and entertained. Charming, funny and incredibly honest, her story is remarkable. For the first time, *No Holding Back* tells it in her own words, in her own way, and shows her fans the real woman behind the headlines.

PSYCHOPATHOLOGY: AN INTEGRATIVE APPROACH TO MENTAL DISORDERS

Cengage Learning Barlow/Durand/Hofmann's *PSYCHOPATHOLOGY: AN INTEGRATIVE APPROACH TO MENTAL DISORDERS*, 9th edition, is the perfect text to help you succeed in your psychopathology or abnormal psychology course! The authors -- all internationally recognized experts in the field -- show you how psychological disorders are rooted in multiple factors: biological, psychological, cultural, social, familial and even political. Extremely reader friendly, the text blends sophisticated research with an accessible, engaging writing style. Its groundbreaking integrative approach is the most modern, scientifically valid method for studying abnormal psychology. The language of the new edition promotes inclusivity, normalizes diversity and avoids cultural, gender, economic and other biases. In addition, you can test your understanding of key topics with built-in concept checks and chapter quizzes. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

THE GIRL WHO NEVER CAME HOME

A COMPLETELY HEARTBREAKING AND UTTERLY GRIPPING PAGE-TURNER

Bookouture 'I loved, loved, loved this so much!!!!' Blue Moon Blogger, ★★★★★ 'Stunning! Impossible to put down!' Goodreads Reviewer, ★★★★★ 'Oh my!... Just Wow!' Red Headed Book Lady, ★★★★★ 'UNPUTDOWNABLE.' Book Reviews by Shalini, ★★★★★ They find her just as the sun is beginning to rise in the early morning mist. They had begun at dawn, the group of searchers keen to get going. A missing child spurred everyone on. In the end, it was a flash of colour, a bright neon pink that caught her eye. They had been looking for pink. Nothing tests your faith like being a mother. The first time your children walk to school alone, their first sleepover, when they finally fly the nest. As a parent, you have to believe that everything will be OK. It's why, when Lydia's sixteen-year-old daughter Zoe goes on a school camping trip, she has no idea of the horrors that will unfold. It's why, when Lydia gets a call saying that her daughter has disappeared, she refuses to give up. As she searches the mountains, her voice hoarse from calling Zoe's name, she imagines finding her. She envisions being flooded with relief as she throws her arms around her child, saying, 'you gave us such a scare'. She pictures her precious girl safely tucked in bed that evening. It's why, when they find Zoe's body, Lydia can barely believe it. It is unthinkable. Her little girl has gone. Something terrible happened, she is sure of it. Something made Zoe get out of her sleeping bag in the middle of the night, walk out of the warmth and safety of the cabin, into the darkness of the mountains. Driven by the memory of her youngest child, Lydia needs to find out the truth. What kind of mother would she be if she didn't? A heartbreaking, redemptive and beautifully crafted novel which brings to life a mother's worst nightmare, questioning how well we ever really know the people we love the most. Fans of Jodi Picoult, Kerry Fisher and Liane Moriarty will be blown away by this stirring, unforgettable tale. Readers absolutely love *The Girl Who Never Come Home*: 'Just like wow! So powerful and sad! I have never read a story quite like this one... I am truly blown away... Lots of twists and turns that I never saw coming... So very emotional that I had to have a box of tissues by my side. I stayed up until 5am so that I could finish this book.' Red Headed Book Lady, ★★★★★ 'Wow, what a heartbreaking book... A real page-turner.' NetGalley Reviewer, ★★★★★ 'Brilliant... UNPUTDOWNABLE... So powerful that I had to take a few breaths to calm my heart down... A heart-wrenching tale... to read in one go. How could I stop myself? Like the mother Lydia, I needed to know what happened to Zoé. I had to take a few minutes hugging myself before I could write this review... Left me awed. And the emotions... Oh the feelings, they left me overwhelmed. My heart just overflowed.' Book Reviews by Shalini, ★★★★★ 'I've read many of Nicole Trope's books and this one was by far the best. I'm telling you this woman does not disappoint... I'm a big fan of Nicole Trope and all her books. I don't eat or sleep until it is finished. This one was no exception. I couldn't put this down for the life of me. I had to find out what happened to poor Zoe and why. I can't say enough good things... Definitely going to be in my top reads of the year.' Blue Moon Blogger, ★★★★★ 'Will shock you to your very core! 5+ stars! Another stunning MUST-READ from the mastermind... Masterpiece! It is an emotionally charged, thrilling, and suspenseful rollercoaster read that is impossible to put down!... An unforgettable, mind-blowing experience! Keep the tissues nearby, but every tear shed will be well worth it!... Will fill you with a ferocious and intense need to hug your loved ones and never let go!' Goodreads Reviewer, ★★★★★ 'Her heartbreak is shattering. I have lost a son and I can honestly say that the writer hits the emotions perfectly.' Goodreads Reviewer, ★★★★★ 'Shockingly good!... You just don't know when it is going to hit you.' Goodreads Reviewer, ★★★★★ 'Make sure to clear some time in your schedule when you start this. I had to read it all at once.' Book Worm Down Under, ★★★★★ 'Breathtaking. Your worst nightmare come to life and I could not put it down... Full of suspense and begged to be read in one sitting. You cannot put this down until you read the final chapter.' Goodreads Reviewer, ★★★★★