

## 'Til Stress Do Us Part : How to Heal the #1 Issue in Our Relation...

by: Earnshaw, Elizabeth



FP 75,000 A leading couples therapist shares indispensable tools to help you stress-proof your relationship through life's many challenges. Every week, couples come into Elizabeth Earnshaw's therapy room claiming their relationship issues are stressing them out. Beginning with an overview of many kinds of stress we face - from acute to chronic stress, and even positive eustress - Earnshaw uses client stories and personal experiences to reveal the visible and invisible strains on ourselves and our relationships. She then shares research-backed practices based on mindfulness and polyvagal theory to help you to detect signs of overwhelm and take proactive measures to protect, refresh, and heal yourselves.

*Publisher:* Sounds True, Incorporated  
*ISBN-13:* 9781649632579

*Price:* \$ 36.99  
*Pages:* 192

*Form:* TC  
*Pub. Date:* September 2024

## 10/7 : 100 Human Stories

by: Yaron, Lee



FP 100,000 The definitive account of the 10/7 attacks through the stories of its victims and the communities they called home. On October 7, 2023 - the Sabbath and the final day of the holiday of Sukkot - the Gaza-based terror group Hamas launched an unprecedented assault on the people of Israel. Crashing through the border, attacking from the sea and air, militants indiscriminately massacred civilians in what became one of the worst terror attacks in modern history, and the most lethal day for the Jewish people since the Holocaust. A radically passionate work of investigative journalism and political critique by acclaimed Haaretz reporter Lee Yaron, 10/7 chronicles the massacre that ignited a war through the stories of...

*Publisher:* St. Martin's Press  
*ISBN-13:* 9781250366283

*Price:* \$ 40.00  
*Pages:* 288

*Form:* TC  
*Pub. Date:* September 2024

## 100 Afternoon Sweets : With Snacking Cakes, Brownies, Blondi...

by: Kieffer, Sarah



FP 75,000 Sarah Kieffer's pan-banging cookie technique became a viral sensation, leading to her bestselling debut cookbook, 100 COOKIES. In 2023, her 100 MORNING TREATS was named a Best Cookbook of the Year by Epicurious, along with landing on a slew of Best Cookbook lists from Bon Appetit, Forbes, and more. Now, it's time for a new volume dedicated to the joy of afternoon indulgence! From one-bowl snacking cakes to bigger baking projects, here are 100 afternoon treats to help you push past the midday slump. Filled with more than 120 inspiring photographs, including how-tos for doughs, shaping, and flavor variations, 100 AFTERNOON SWEETS is the third must-have in the trilogy of Kieffer's 100-themed baking books.

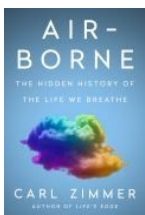
*Publisher:* Chronicle Books LLC  
*ISBN-13:* 9781797216188

*Price:* \$ 40.00  
*Pages:* 304

*Form:* TC  
*Pub. Date:* October 2024

## Air-Borne : The Hidden History of the Life We Breathe

by: Zimmer, Carl



FP 100,000 Every day we draw in two thousand gallons of air - and thousands of living things. From the ground to the stratosphere, the air teems with invisible life. This last great biological frontier remains so mysterious that it took over two years for scientists to finally agree that the Covid pandemic was caused by an airborne virus. In AIR-BORNE, award-winning NYT columnist and author Carl Zimmer leads us on an odyssey through the living atmosphere and through the history of its discovery. We travel to the tops of mountain glaciers, where Louis Pasteur caught germs from the air, and follow Amelia Earhart and Charles Lindbergh above the clouds, where they conducted groundbreaking experiments.

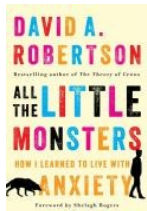
*Publisher:* Penguin Publishing Group  
*ISBN-13:* 9780593473597

*Price:* \$ 42.00  
*Pages:* 496

*Form:* TC  
*Pub. Date:* February 2025

## All the Little Monsters : How I Learned to Live with Anxiety

by: Robertson, David A.



FP 20,000(CDN) With humour, warmth and heartbreaking honesty, award-winning author David A. Robertson explores the struggles and small victories of living with chronic anxiety and depression, and shares his hard-earned wisdom in the hope of making other people's mental health journeys a little less lonely. From the outside, David A. Robertson looks as if he has it all together - a loving family, a successful career as an author, and a platform to promote Indigenous perspectives, cultures and concerns. But what we see on the outside rarely reveals what is happening inside. Robertson lives with "little monsters": chronic, debilitating health anxiety and panic attacks accompanied, at times, by depression.

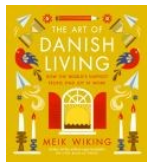
*Publisher:* HarperCollins Canada, Limited  
*ISBN-13:* 97814443472401

*Price:* \$ 25.99  
*Pages:* 272

*Form:* TP  
*Pub. Date:* January 2025

## Art of Danish Living : How the World's Happiest People Find J...

by: Wiking, Meik



FP 25,000(CDN) A beautiful, research-backed guide on how to work like the happiest people in the world from the CEO of the Happiness Research Institute in Copenhagen and bestselling author of the NYT bestseller LITTLE BOOK OF HYGGE. It is well-known that the Danish have a fantastic balance of work and home life, that working late is discouraged, parental leave is split equally, and long relaxing summer holidays are the norm. They even have a word that means "happiness at work"—arbejdsglæde. All of this is true while the rest of the western world are struggling with a burn-out epidemic, so where are we going wrong? Meik's latest book reveals the main factors in our happiness at work in his most pertinent book yet.

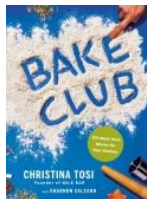
*Publisher:* Penguin Canada  
*ISBN-13:* 9780735249400

*Price:* \$ 34.95  
*Pages:* 224

*Form:* TC  
*Pub. Date:* December 2024

## Bake Club : 101 Must-Have Moves for Your Kitchen: a Cookbook

by: Tosi, Christina



FP 125,000 A collection of 100-plus unfussy, oh-so-good sweet and savory recipes from the best-selling author and founder of Milk Bar. Newbies and seasoned pros, ages 10 and 100, sweet teeth and savory sorts: Christina Tosi's Bake Club is open to everyone. Covering all the categories of the baking universe - from English Muffins to Glazed Pumpkin Pie Bars, Gummy Bears to Crème Brûlée - these are recipes designed to empower home bakers to have fun in the kitchen and to dispel all baking misconceptions: I don't have enough time, I don't have the right ingredients, I don't have a standing mixer, and I'm a terrible baker. That means no fancy ingredients or equipment are required - and modifications are very much allowed!

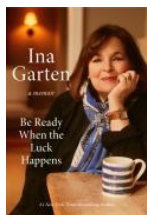
*Publisher:* Knopf Doubleday Publishing Group  
*ISBN-13:* 9780593802397

*Price:* \$ 48.00  
*Pages:* 320

*Form:* TC  
*Pub. Date:* November 2024

## Be Ready When the Luck Happens : A Memoir

by: Garten, Ina



FP 600,000 In her long-awaited memoir, Ina Garten - aka the Barefoot Contessa, author of 13 bestselling cookbooks, beloved Food Network personality, Instagram sensation, and cultural icon - shares her personal story with readers hungry for a seat at her table. In her unmistakable voice (no one tells a story like Ina), she brings her past and her process to life in a high-spirited and no-holds-barred memoir that chronicles decades of personal challenges, adventures (and misadventures), and unexpected career twists, all delivered with her signature combination of playfulness and purpose. From a difficult childhood to meeting the love of her life, Jeffrey, and marrying him while still in college...

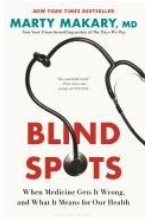
*Publisher:* Crown Publishing Group, The  
*ISBN-13:* 9780593799895

*Price:* \$ 45.00  
*Pages:* 320

*Form:* TC  
*Pub. Date:* October 2024

## Blind Spots : When Medicine Gets It Wrong, and What It Means...

by: Makary, Marty



FP 175,000 From Johns Hopkins medical expert Dr. Marty Makary, the NYT bestselling author of PRICE WE PAY - an eye-opening look at the medical group-think that has led to public harm, and what you need to know about your health. More Americans have peanut allergies today than at any point in history. Why? In 2000, the American Academy of Pediatrics issued a strict recommendation that parents avoid giving their children peanut products until they're 3-years-old. Getting the science perfectly backward, triggering intolerance with lack of early exposure, the US now leads the world in peanut allergies - and this misinformation is still rearing its head today. How could the experts have gotten it so wrong?

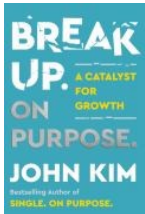
*Publisher:* Bloomsbury Publishing Plc  
*ISBN-13:* 9781639735310

*Price:* \$ 38.99  
*Pages:* 288

*Form:* TC  
*Pub. Date:* September 2024

## Break up on Purpose : A Catalyst for Growth

by: Kim, John



TRADE PAPERBACK EDITION

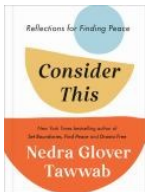
*Publisher:* HarperCollins Publishers  
*ISBN-13:* 9780063430389

*Price:* \$ 24.99  
*Pages:* 272

*Form:* TP  
*Pub. Date:* December 2024

## Consider This : Reflections for Finding Peace

by: Tawwab, Nedra Glover



FP 50,000 Inspiring advice for navigating life's ups and downs, and finding ways to grow every day from the NYT bestselling author of DRAMA FREE. Life comes at us fast, with new challenges to navigate at every turn. Millions of fans have embraced the fresh insights of bestselling author Nedra Glover Tawwab, a popular therapist who brings both expertise and a fresh perspective to the everyday struggles we all navigate in our relationships and within ourselves. In this inspiring book of daily insights, Nedra delivers food for thought, friendly reminders, and perspective shifts to help us stay true to who we are and what matters most. Topics include setting boundaries, rising above drama, expressing ourselves with clarity...

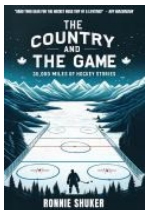
*Publisher:* Penguin Publishing Group  
*ISBN-13:* 9780593712795

*Price:* \$ 37.99  
*Pages:* 384

*Form:* TC  
*Pub. Date:* October 2024

## Country and the Game : Thirteen Thousand Miles of Hockey St...

by: Shuker, Ronnie



A joyful, beautifully written tribute to Canada's most salient features - hockey and geography. In the waning days of the pandemic, sportswriter Ronnie Shuker stuffed his skates, sticks, and backpack into his faithful automobile, Gumpy, named for legendary goaltender Gump Worsley, and set off on a 30,000-mile, coast-to-coast investigation of the many ways hockey touches the lives of Canadians. From St. John's, home of hockey's most colorful father-son combo, to a frigid barn in Tuktoyaktuk, Northwest Territories, and the world's largest hockey stick in Duncan, British Columbia, Shuker goes in search of people and places where Canada and hockey intersect on the road. Along the way, he hits famous sites of hockey...

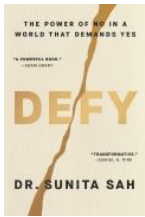
*Publisher:* Sutherland House Inc., The  
*ISBN-13:* 9781990823879

*Price:* \$ 36.95  
*Pages:* 244

*Form:* TC  
*Pub. Date:* October 2024

## Defy : The Power of No in a World That Demands Yes

by: Sah, Sunita



FP 75,000 Why is it so hard to speak up, even when we know something's wrong? This is the definitive book on defiance - a clear-eyed dissection of the forces that silence us, featuring groundbreaking research and legendary stories of defiance alongside everyday examples and strategies for how to unleash the power of a "True No." Analyzing cases from corporate corruption to sexual abuse to everyday acquiescence at work, the doctor's office, and in our personal lives, award-winning organizational psychologist Dr. Sunita Sah delves deep into why the pressure to comply is a corrosive and often invisible force in our society. With her own revelatory research, she radically transforms our idea of defiance from a misunderstood...

*Publisher:* Random House Publishing Group  
*ISBN-13:* 9780593445778

*Price:* \$ 39.99  
*Pages:* 320

*Form:* TC  
*Pub. Date:* January 2025

## Didion and Babitz

by: Anolik, Lili



FP 75,000 Joan Didion is revealed at last in this outrageously provocative and profoundly moving new work on the mutual attractions - and mutual antagonisms - of Didion and her fellow literary titan, Eve Babitz. Eve Babitz died on December 17, 2021. Found in the wrack, ruin, and filth of her apartment, a stack of boxes packed by her mother decades before. The boxes were pristine, the seals of duct tape unbroken. Inside, a lost world. This world turned for a certain number of years in the late 60s and early 70s, and centered on a two-story rental in a down-at-heel section of Hollywood. 7406 Franklin Avenue, a combination salon-hotbed-living end where writers and artists mixed with movie stars, rock 'n' rollers...

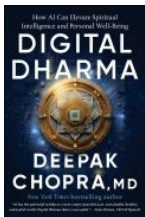
*Publisher:* Scribner  
*ISBN-13:* 9781668065488

*Price:* \$ 39.99  
*Pages:* 352

*Form:* TC  
*Pub. Date:* November 2024

## Digital Dharma : How AI Can Elevate Spiritual Intelligence and ...

by: Chopra, Deepak



FP 75,000 NYT bestselling author and spiritual icon Deepak Chopra's groundbreaking exploration of how to embrace artificial intelligence as a tool for both personal growth and a deeper understanding of human potential and well-being. The world is embracing the revolutionary impact of artificial intelligence, yet people are deeply confused. Should they welcome the AI revolution or fear it? As a spiritual icon who continually explores the intersection of cutting-edge science and personal growth, Deepak Chopra, M.D., tackles the little-discussed spiritual benefits of AI and its vast potential to solve the greatest mystery confronting us: consciousness itself. By navigating the intricate balance between innovation and...

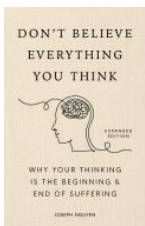
*Publisher:* Potter/Ten Speed/Harmony/Rodale  
*ISBN-13:* 9780593797525

*Price:* \$ 37.99  
*Pages:* 240

*Form:* TC  
*Pub. Date:* September 2024

## Don't Believe Everything You Think (Expanded Edition) : Why Y...

by: Nguyen, Joseph



FP 150,000 Learn how to overcome anxiety, self-doubt, and self-sabotage without needing to rely on motivation or willpower - NOW UPDATED with expanded guidance and contemplative exercises to help change the way you think. No person is an exception to this. Darkness only exists because of the light, which means even in our darkest hour, light must exist. Within the pages of this book, contains timeless wisdom to empower you with the understanding of our mind's infinite potential to create any experience of life that we want no matter the external circumstances. We cannot solve our problems with the same level of consciousness that created them. Tactics are temporary. An expansion of consciousness is permanent.

*Publisher:* Authors Equity  
*ISBN-13:* 97988931310153

*Price:* \$ 27.00  
*Pages:* 192

*Form:* TC  
*Pub. Date:* October 2024

### Easy Weeknight Dinners : 100 Fast, Flavor-Packed Meals for Bu...

by: Weinstein, Emily



FP 150,000 Take the stress out of weeknights with 100 easy, quick, and flavorful recipes. It's Tuesday, 4 p.m. What's for dinner? For busy people that want something good to eat, culinary powerhouse NYT Cooking makes meal planning easy, with thousands of recipes to explore in the app. Editor in Chief Emily Weinstein has curated some of the greatest hits - 100 favorite dishes that you can make in 30 minutes or less, from trusted writers Melissa Clark, Eric Kim, Yewande Komolafe, Ali Slagle, and more, served with mouth-watering photos and notes from the NYT Cooking community. Organized by main ingredient, length of cooking time, and wow factor, you'll find: Truly 15-minute recipes, like Beef Short Rib Rice Bowls...

Publisher: Ten Speed Press  
ISBN-13: 9780593836323

Price: \$ 48.00  
Pages: 256

Form: TC  
Pub. Date: October 2024

### Eat Like a Girl : 100+ Delicious Recipes to Balance Hormones, ...

by: Pelz, Mindy



FP 75,000 Discover how to harness the power of food to support your body's natural rhythms, empowering you to heal and thrive in this cookbook based on the revolutionary international bestseller, FAST LIKE A GIRL. Now, Dr. Mindy shares her "food as medicine" approach with 100+ recipes - plant-based and omnivore - that amplify the life-changing principles of eating and fasting in harmony with your menstrual cycle. Part I: Failure of Food for Your Hormones lays the foundation by highlighting how modern diets often disrupt hormonal balance. Part II: Using Food to Support Your Fasting Lifestyle teaches how to create effective fasting and eating windows that cater specifically to your body's needs.

Publisher: Hay House, Incorporated  
ISBN-13: 9781401979447

Price: \$ 40.00  
Pages: 352

Form: TC  
Pub. Date: October 2024

### Everything and Nothing at All : Essays

by: Heijun Wills, Jenny



FP 7,500(CDN) As a transnational and transracial adoptee, Jenny Heijun Wills has spent her life navigating the fraught spaces of ethnicity and belonging. EVERYTHING AND NOTHING AT ALL weaves together a lifetime of literary criticism, cultural study, and a personal history into a staggering tapestry of knowledge. And though the experiences of accumulating this knowledge have often been shot through with pain, Wills spins these threads into priceless gold - a radical, fearless vision of kinship and family. Devastating, illuminating, and beautifully crafted, these essays breathe life into the ambiguities and excesses of Wills' self, transforming them into something more - something that could be everything.

Publisher: Knopf Canada  
ISBN-13: 9781039009844

Price: \$ 34.95  
Pages: 248

Form: TC  
Pub. Date: August 2024

### Feel-Good Meal Plan : A Fresh Take on Meal Prep with over 100...

by: Pleskot, Lindsay



FP 15,000(CDN) You lead a busy life and it can be tough to find the time and energy to make nourishing, flavorful meals every morning, afternoon, and night. Maybe you tried meal prepping and it zapped all the joy out of eating. Was it the rigidity? The repetitive meals day after day? The hours of work? Don't give up: The Feel-Good Meal Plan has a fresh, flexible, and unfussy solution to get you ready for the week - with less than two hours of prep, and meals on the table every night in 30 minutes or less. With Registered Dietitian and mom of two Lindsay Pleskot as your guide, take the next steps on your meal planning journey. 100+ Family-Friendly Recipes: Try breakfasts like One-Pan Green Goddess Hash and Tiramisu...

Publisher: Appetite by Random House  
ISBN-13: 9780525612322

Price: \$ 35.00  
Pages: 296

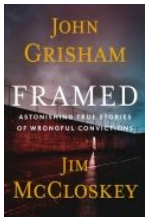
Form: TC  
Pub. Date: December 2024

## Framed : Astonishing True Stories of Wrongful Convictions

by: Grisham, John



9 780385 550444



FP 1.5M #1 bestselling author John Grisham and Centurion Ministries Founder Jim McCloskey share 10 harrowing true stories of wrongful convictions. Impeccably researched and grippingly told, Framed offers an inside look at the many injustices in our criminal justice system. A fundamental principle of our legal system is a presumption of innocence, but once someone has been found guilty there is very little room to prove doubt. Framed shares ten true stories of Americans who were innocent but found guilty and forced to sacrifice friends, families, and decades of their lives to prison while the guilty parties remained free. In each of the stories, John Grisham and Jim McCloskey recount the dramatic hard-fought battles for...

*Publisher:* Knopf Doubleday Publishing Group  
*ISBN-13:* 9780385550444

*Price:* \$ 39.95  
*Pages:* 368

*Form:* TC  
*Pub. Date:* October 2024

## Franchise : The Business of Building Winning Teams

by: Custance, Craig



9 781668 035443



FP 20,000(CDN) Why do some franchises consistently win, while others may never get to see their players' names etched on the Cup? Why do some teams draft poorly and others draft all-star teams? Why do some teams just seem to know how to win? In FRANCHISE, The Athletic's Craig Custance delves into the stories about the people who make the biggest decisions in hockey. For more than three years, Custance travelled far and wide to connect with the inner circle of hockey, from the owner's suite of the Carolina Hurricanes to a private championship ring ceremony with the Vegas Golden Knights to a country club for a breakdown of the Pittsburgh Penguins. For fans of any stripe, there are stories behind memorable trades and the...

*Publisher:* Simon & Schuster, Incorporated  
*ISBN-13:* 9781668035443

*Price:* \$ 36.99  
*Pages:* 304

*Form:* TC  
*Pub. Date:* October 2024

## Go Higher : Five Practices for Purpose, Success, and Inner Peace

by: Big Sean, Big



9 781668 045732



FP 150,000 Multi-platinum artist, entrepreneur, and philanthropist, Big Sean shares his five key practices for inner work and self-acceptance in this interactive guidebook on maintaining daily mental wellness. Sean Anderson, better known as Big Sean, has reached incredible levels of success in his music career. And while, from the outside, his life looks like a collection of enviable achievements, in truth, he has experienced the highest highs and the lowest lows that come with anxiety and depression. At the age of 18, Sean decided to forgo college to sign with Kanye West's record label. Even though he saw his wildest dreams coming true, almost like a rap fairytale, he found himself contemplating taking his own life.

*Publisher:* Simon & Schuster  
*ISBN-13:* 9781668045732

*Price:* \$ 38.99  
*Pages:* 288

*Form:* TC  
*Pub. Date:* January 2025

## Have a Good Trip : Exploring the Magic Mushroom Experience

by: Bone, Eugenia



9 781250 885654



FP 75,000 From a much-loved expert and popular science writer comes this straight-from-the-trenches report on how and why folks from all walks of life are using magic mushrooms to enhance their lives. Interest in psychedelic mushrooms has never been greater – or the science less definitive. Popular science writer and amateur mycologist Eugenia Bone reports on the state of psychedelics today, from microdosing to heroic trips, illustrating how "citizen science" and anecdotal accounts of the mushrooms' benefits are leading the new wave of scientific inquiry into psilocybin. With her signature blend of first-person narrative and scientific rigor, Bone breaks down just how the complicated cocktail of psychoactive compounds is...

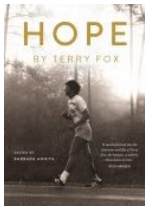
*Publisher:* Flatiron Books  
*ISBN-13:* 9781250885654

*Price:* \$ 38.99  
*Pages:* 352

*Form:* TC  
*Pub. Date:* October 2024

## Hope by Terry Fox

by: Adhiya, Barbara



FP 15,000(CDN) Inside the mind of a Canadian icon - the highs, lows, and miles he conquered. Featuring excerpts from Terry's very own Marathon of Hope journal. In 1976, when Terry Fox was just 18, he was diagnosed with osteogenic sarcoma and his right leg was amputated just above the knee. It quickly became his mission to help cure cancer so others would not have to endure what he had gone through. He dreamed up a Marathon of Hope - a fundraising run across Canada, from St. John's, NFLD, to Victoria, BC. 7,560 km. 4,700 miles. When he set off on April 12, 1980, Canadians were dubious. But as he continued across the country, enthusiasm grew to a frenzy.

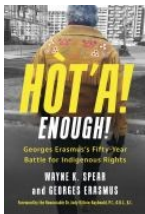
*Publisher:* ECW Press  
*ISBN-13:* 9781770416819

*Price:* \$ 30.00  
*Pages:* 328

*Form:* TP  
*Pub. Date:* September 2024

## Hò't'a! Enough! : Georges Erasmus's Fifty-Year Battle for Indige...

by: Spear, Wayne K.



The political life of Dene leader Georges Erasmus - a radical Native rights crusader widely regarded as one of the most important Indigenous leaders of the past 50 years. For decades, Georges Henry Erasmus led the fight for Indigenous rights. From the Berger Inquiry to the Canadian constitutional talks to the Oka Crisis, Georges was a significant figure in Canada's political landscape. In the 1990s, he led the Royal Commission on Aboriginal Peoples and afterward was chair and president of the Aboriginal Healing Foundation, around the time that Canada's residential school system became an ongoing front-page story. Georges's five decade battle for Indigenous rights took him around the world and saw him sitting across the...

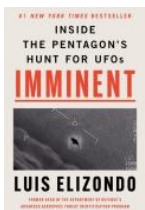
*Publisher:* Dundurn Press  
*ISBN-13:* 9781459752900

*Price:* \$ 28.99  
*Pages:* 320

*Form:* TP  
*Pub. Date:* November 2024

## Imminent : Inside the Pentagon's Hunt for UFOs

by: Elizondo, Luis



FP 150,000 The former head of the Pentagon program responsible for the investigation of UFOs - now known as Unidentified Anomalous Phenomena (UAP) - reveals long-hidden truths with profound implications for not only national security but our understanding of the universe. Luis "Lue" Elizondo is a former senior intelligence official and special agent who was recruited into a strange and highly sensitive US Government program to investigate UAP incursions into sensitive military installations and air space. To accomplish his mission, Elizondo had to rely on decades of experience gained working some of America's most sensitive and classified programs. Even then, he was not prepared for what he would learn...

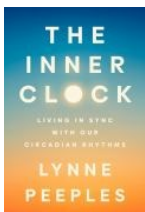
*Publisher:* HarperCollins Publishers  
*ISBN-13:* 9780063235564

*Price:* \$ 36.99  
*Pages:* 304

*Form:* TC  
*Pub. Date:* August 2024

## Inner Clock : Living in Sync with Our Circadian Rhythms

by: Peeples, Lynne



FP 100,000 How the groundbreaking science of circadian rhythms can help you sleep better, feel happier, and improve your overall health. Your body contains a symphony of tiny timepieces that are synchronized to the sun and subtle signals in your environment. But modern insults like artificial light, contrived time zones, and late-night meals can wreak havoc on your internal clocks. Misaligned circadian rhythms disrupt sleep, reduce productivity, and raise the risk of serious, life-threatening ailments. Armed with advances in biology and technology, a circadian renaissance is reclaiming those lost rhythms, with profound impacts on our health and well-being. INNER CLOCK explores the emerging science and its applications:...

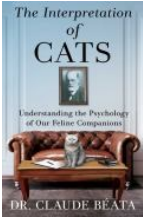
*Publisher:* Penguin Publishing Group  
*ISBN-13:* 9780593538906

*Price:* \$ 39.99  
*Pages:* 368

*Form:* TC  
*Pub. Date:* September 2024

### Interpretation of Cats : Understanding the Psychology of Our F...

by: Béata, Claude



FP 75,000 Cats are mysterious creatures, and the relationship between humans and cats has never been simple. Curious and affectionate, independent and uninterested, predator and prey. Their true nature continues to elude us, and their subtle and complex behavioral problems can often seem unsolvable or incomprehensible. So, how can we tell if a cat is suffering? What are the root causes of feline aggression? And how can we treat patients who can't speak for themselves? In this fascinating book - already a bestseller in its native France - veterinary doctor and psychiatrist Claude Béata draws on cutting-edge research and decades of experience to revolutionize our understanding of cats and transform our appreciation of...

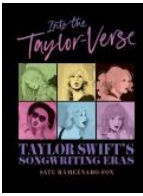
Publisher: Scribner  
ISBN-13: 9781668070659

Price: \$ 36.00  
Pages: 272

Form: TC  
Pub. Date: October 2024

### Into the Taylor-Verse : Taylor Swift's Songwriting Eras

by: Hämeenaho-Fox, Satu



FP 150,000 A beautifully illustrated, comprehensive collectible for Swifties everywhere that offers an overview of Taylor Swift's life and work, including hidden references for fans to discover in a stunning, giftable package. This book explores her prolific discography, as well as her worldwide tours, her phoenix-like rise from the ashes to reclaim her music publishing rights, and most importantly of all, her Swifties. In the way that Taylor's music helps fans to understand their own emotional response to heartbreak and first love, this book seeks to help fans understand why Taylor's music affects them more than any other artist. The story told through her work is the universal story of growing from a girl into a woman...

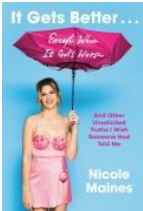
Publisher: Simon & Schuster  
ISBN-13: 9781668070536

Price: \$ 30.00  
Pages: 288

Form: TC  
Pub. Date: October 2024

### It Gets Better ... Except When It Gets Worse : And Other Unsoli...

by: Maines, Nicole



FP 100,000 The irreverent and candid coming-of-age memoir of Nicole Maines: trailblazing trans actress, activist - and sometimes someone who's just existing, which is actually pretty hard! Nicole Maines knows a little something about a "happily-ever-after." Not just because she's a self-professed expert in the Disney princess canon, but also, she's lived it. After coming out at an early age, her family had not only to educate themselves, but also those around them as they fought and won a landmark court case in the state of Maine before she graduated high school. She got into college, got the guy, and finally had The Surgery™. She then achieved her lifelong goal of becoming an actress when she landed a major role in the...

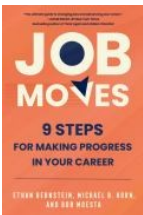
Publisher: Random House Publishing Group  
ISBN-13: 9780593243121

Price: \$ 39.00  
Pages: 224

Form: TC  
Pub. Date: October 2024

### Job Moves : 9 Steps for Making Progress in Your Career

by: Bernstein, Ethan



FP 75,000 Three innovators offer a road-tested framework for career development that helps anyone make real progress on their path when they switch jobs. Each year, an estimated 1 billion people switch jobs worldwide. A lucky few stumble into the role of their dreams, but hundreds of millions are disappointed. What if, when looking for a job, we could make more informed choices to better select the opportunity we seize? What if the power to move along our career paths lies with each of us, as opposed to hiring managers or the market? According to the "Jobs to Be Done" theory of product design - customers don't simply buy products; they recruit them to do specific jobs that solve a problem. JOB MOVES adopts this model to...

Publisher: HarperCollins Canada, Limited  
ISBN-13: 9780063283589

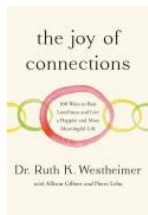
Price: \$ 39.50  
Pages: 304

Form: TC  
Pub. Date: November 2024



## Joy of Connections : 100 Ways to Beat Loneliness and Live a H...

by: Westheimer, Ruth K.



FP 75,000 An urgent guide to combating loneliness, with 100 ways to increase connectivity right now, from the iconic therapist and orphan of the Holocaust appointed the first-ever "Loneliness Ambassador" in the country. When Surgeon General Dr. Vivek Murthy sounded the alarm that loneliness "represents an urgent public health concern" - exacerbated by social media overuse, the residual effects of the pandemic, and the lack of meaningful relationships - trusted therapist Dr. Ruth K. Westheimer knew that her unique perspective and expertise could help. Long-beloved for breaking stigmas around sexual problems, Dr. Ruth has made it her new mission to help individuals break free from the bonds of hopelessness and isolation.

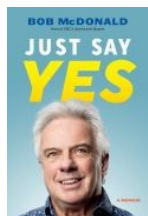
**Publisher:** Potter/Ten Speed/Harmony/Rodale  
**ISBN-13:** 9780593736227

**Price:** \$ 33.99  
**Pages:** 144

**Form:** TC  
**Pub. Date:** September 2024

## Just Say Yes : A Memoir

by: McDonald, Bob



Bob McDonald, host of CBC Radio's Quirks and Quarks, offers a personal and inspiring memoir of life-changing events in his early years through five decades in science journalism. Revered science reporter and radio host Bob McDonald has devoted his career to turning our attention away from everyday perspectives and outward to the vast, intricate wonders of our planet and universe. Now, in this revealing and captivating memoir, he looks within, offering an intimate view of the path that brought him from a blue-collar background to his long-standing role as Canada's foremost explainer of all things scientific. It's an engrossing and often jubilant story that allows McDonald to share powerful insights on overcoming fear of...

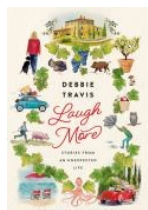
**Publisher:** Douglas and McIntyre (2013) Ltd.  
**ISBN-13:** 9781771624206

**Price:** \$ 34.95  
**Pages:** 288

**Form:** TC  
**Pub. Date:** September 2024

## Laugh More : Stories from an Unexpected Life

by: Travis, Debbie



FP 15,000(CDN) Lifestyle pioneer and bestselling author Debbie Travis is back with a book of ridiculously funny, touching and true stories drawn from her own life and dedicated to everyone in desperate need of a good laugh. A decade ago, Debbie Travis gave up her hectic life as the producer and star of several hit TV shows to move to a 13th-century crumbling farmhouse and vast olive orchard in Tuscany, which she and her husband then turned into the boutique hotel and wellness retreat. Debbie digs down to what really keeps her going, especially when the going gets tough: her talent for telling a good story and sharing a good laugh. Organizing them around the passing of the seasons at the Villa Reniella...

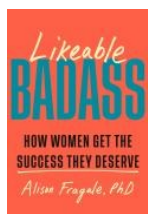
**Publisher:** Random House of Canada  
**ISBN-13:** 9781039009332

**Price:** \$ 36.00  
**Pages:** 304

**Form:** TC  
**Pub. Date:** October 2024

## Likeable Badass : How Women Get the Success They Deserve

by: Fragale, Alison



FP 125,000 Behavioral scientist Alison Fragale offers powerful new insights and a practical playbook for women to advance in any workplace, full of tips, tricks, and strategies to help secure that elusive corner office. Over decades of research, speaking engagements, and mentorship, psychologist and professor Alison Fragale encountered recurring questions from high powered and early career women alike: How do women thread the needle of kindness and competence in the workplace? Fragale investigated and determined that many women's workplace issues boil down to what psychologists call status: the perception of them by others. No amount of power - no degree, title, or paycheck - will raise a woman's workplace stature unless...

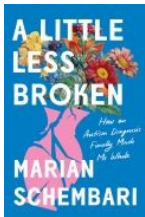
**Publisher:** Knopf Doubleday Publishing Group  
**ISBN-13:** 9780385549141

**Price:** \$ 39.00  
**Pages:** 256

**Form:** TC  
**Pub. Date:** September 2024

## Little Less Broken : How an Autism Diagnosis Finally Made Me ...

by: Schembari, Marian



FP 100,000 One woman's decades-long journey to a diagnosis of autism, and the barriers that keep too many neurodivergent people from knowing their true selves. By the time Marian Schembari was diagnosed with autism at 34 years old, she had been labeled with Tourette's syndrome, obsessive-compulsive disorder, sensory processing disorder, anxiety, and depression. Therapists suggested she was a highly sensitive person, offered breathing techniques, and instructed her to practice gratitude journaling. None of this helped. She spent years hiding tics and frequently shutting down, wondering why she couldn't just act like everyone else. It wasn't until she witnessed a friend's diagnosis and sought out professional testing that...

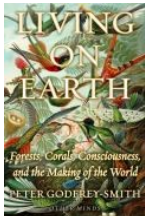
*Publisher:* Flatiron Books  
*ISBN-13:* 9781250895752

*Price:* \$ 38.99  
*Pages:* 272

*Form:* TC  
*Pub. Date:* September 2024

## Living on Earth : Forests, Corals, Consciousness, and the Maki...

by: Godfrey-Smith, Peter



FP 75,000 The bestselling author of OTHER MINDS shows how we and our ancestors have reinvented our planet. If the history of the Earth were compressed down to a year, our species would arise in the last 30 minutes or so of the final hour. But life itself is not such a late arrival: It has existed on Earth for something like 3.7 billion years - most of our planet's history and over a quarter of the age of the universe (as far as we can tell). What have these organisms - bacteria, animals, plants and the rest - done in all this time? In LIVING ON EARTH, the philosopher Peter Godfrey-Smith tells the long story of living action, and its impact. LIVING ON EARTH turns to what happens when we look at the mind from another...

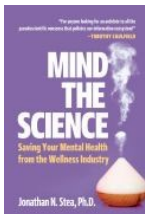
*Publisher:* Farrar, Straus & Giroux  
*ISBN-13:* 9780374189938

*Price:* \$ 39.00  
*Pages:* 336

*Form:* TC  
*Pub. Date:* September 2024

## Mind the Science : Saving Your Mental Health from the Wellnes...

by: Stea, Jonathan N.



FP 10,000(CDN) A clinical psychologist who regularly deals with some of society's most vulnerable exposes and debunks the predatory pseudoscience and grift of the multi-trillion-dollar wellness industry and points us towards a better way to take care of our mental health. Today, people looking to care for their mental health face a market with at least 600 "brands" of psychotherapy - and counting. Most are ineffective, and many could be harmful. The world of mental health care is very much caveat emptor: buyer beware. Having seen so many of his patients hurt by the pseudoscience circulating in the industry, Dr. Jonathan N. Stea is on a mission to expose its harm and protect the public from mental health misinformation.

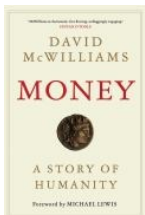
*Publisher:* Random House of Canada  
*ISBN-13:* 9781039008236

*Price:* \$ 35.00  
*Pages:* 264

*Form:* TC  
*Pub. Date:* September 2024

## Money : The Story of Humanity

by: McWilliams, David



FP 5,000(CDN) In this groundbreaking book, renowned global economist David McWilliams unlocks the mysteries and the awesome power of money: what it is, how it works, and why it matters. The story of money is the story of our desires, our genius, and our downfalls. Money is power - and power beguiles. Nothing we've invented as a species has defined our own evolution so thoroughly and changed the direction of our planet's history so dramatically. Money has shaped the very essence of what it means to be human. By tracking its history, McWilliams uncovers our relationship with money, transforming our perspective on its impact on the world right now.

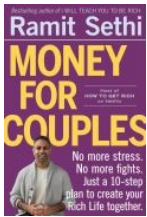
*Publisher:* Simon & Schuster, Incorporated  
*ISBN-13:* 9781982152956

*Price:* \$ 36.99  
*Pages:* 416

*Form:* TC  
*Pub. Date:* September 2024

## Money for Couples : No More Stress. No More Fights. Just a 10...

by: Sethi, Ramit



FP 150,000 Million-copy bestselling author, podcaster, and Netflix star Ramit Sethi helps readers navigate the tricky waters of handling and talking about money as a couple as in this programmatic and definitive book. From personal finance juggernaut Ramit Sethi, here is a definitive book about a defining challenge for tens of millions of people: navigating the tricky waters of money while in a serious relationship. Drawing on Sethi's deep experience working with couples, this book will help readers go from frustration to joy as they get financially aligned with their partners. Following Ramit's ten-week program, readers begin by identifying their own deeply instilled attitudes about money and how they affect their...

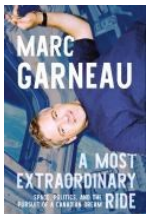
*Publisher:* Workman Publishing Company, Incorporated  
*ISBN-13:* 9781523523689

*Price:* \$ 25.99  
*Pages:* 320

*Form:* TP  
*Pub. Date:* December 2024

## Most Extraordinary Ride : Space, Politics, and the Pursuit of a ... 🇨🇦

by: Garneau, Marc



FP 50,000(CDN) Honest and illuminating, A MOST EXTRAORDINARY RIDE is a rare journey into the early years of Canada's space program and an inside account of the joys and challenges of governing from one of Canada's most distinguished citizens. On October 5th, 1984, Marc Garneau made history. Blasting off from the Kennedy Space Center aboard the U.S. Space Shuttle and reaching a speed of 28,000 km/hour, he became the first Canadian to fly to outer space. 24 years later, Garneau made history yet again, becoming the first astronaut to be elected as a Member of Parliament.

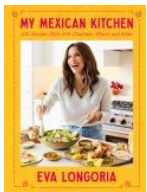
*Publisher:* McClelland & Stewart  
*ISBN-13:* 9780771016219

*Price:* \$ 40.00  
*Pages:* 328

*Form:* TC  
*Pub. Date:* October 2024

## My Mexican Kitchen : 100 Recipes Rich with Tradition, Flavor, a...

by: Longoria, Eva



FP 200,000 A celebration of Mexican ingredients and traditions - plus 100 favorite recipes - from Eva Longoria. While hosting Searching for Mexico on CNN, Eva Longoria reconnected with her Mexican roots and tasted iconic Mexican dishes like meat-stuffed Chiles en Nogada draped in a creamy walnut sauce, and the Yucatán classic Pollo Asado, made with an aromatic garlic-citrus-achiote paste. In My Mexican Kitchen, she embraces the techniques and flavors she discovered and brings them home to her Southern California kitchen. Eva dives into the backstory of many key Mexican ingredients from vanilla to agave. Alongside recipes that are masa-based like gorditas and sopes, she writes about the history of maize and masa...

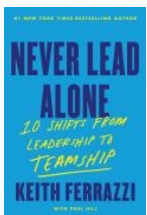
*Publisher:* Crown Publishing Group, The  
*ISBN-13:* 9780593796429

*Price:* \$ 48.00  
*Pages:* 256

*Form:* TC  
*Pub. Date:* October 2024

## Never Lead Alone : 10 Shifts from Leadership to Teamship

by: Ferrazzi, Keith



FP 75,000 In this timeless guide on maximizing teams to achieve outstanding business success, the #1 NYT bestselling author distills his years of experience coaching teams at Fortune 500 companies and startup unicorns to optimize team performance. Ferrazzi shares the approach that drives his coaching practice - the playbook he has used to reboot team performance at major brands, including Mastercard, Intel, Starbucks, and General Motors, along with fast-growth unicorns like MongoDB, and Scopley and governments like Bhutan and NGOs like the World Bank. Drawing on more than two decades of deep study with colleagues from the Ferrazzi Greenlight Research Institute, he identifies ten key shifts to unlock the potential of any...

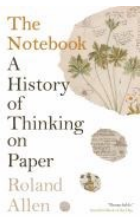
*Publisher:* HarperCollins Canada, Limited  
*ISBN-13:* 9780063412576

*Price:* \$ 39.50  
*Pages:* 224

*Form:* TC  
*Pub. Date:* November 2024

## Notebook : A History of Thinking on Paper

by: Allen, Roland



FP 5,000(CDN) The first history of the notebook, a simple invention that changed the way the world thinks. We see notebooks everywhere we go. But where did this simple invention come from? How did they revolutionize our lives, and why are they such powerful tools for creativity? In this wide-ranging history, Roland Allen reveals how the notebook became our most dependable and versatile tool for creative thinking. He tells the notebook stories of Leonardo and Frida Kahlo, Isaac Newton and Marie Curie, and writers from Chaucer to Henry James; shows how Darwin developed his theory of evolution in tiny pocketbooks and Agatha Christie plotted a hundred murders in scrappy exercise books.

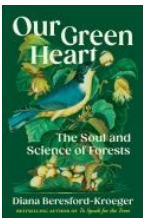
*Publisher:* Biblioasis  
*ISBN-13:* 9781771966283

*Price:* \$ 26.95  
*Pages:* 416

*Form:* TP  
*Pub. Date:* September 2024

## Our Green Heart : The Soul and Science of Forests

by: Beresford-Kroeger, Diana



FP 10,000(CDN) In this inspiring culmination of Diana Beresford-Kroeger's life's work as a botanist, biochemist, biologist and poet of the global forest, she delivers a challenge to us all to dig deeper into the science of forests and the ways they will save us from climate breakdown - and then do our part to plant and protect them. As the last child in Ireland to receive a full Druidic education, Diana Beresford-Kroeger has brought an unusual and ancient holistic attitude to the science of trees, which has led her to many fresh insights into how closely we are tied to one another and to the natural world.

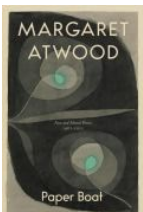
*Publisher:* Random House of Canada  
*ISBN-13:* 9781039009790

*Price:* \$ 34.00  
*Pages:* 216

*Form:* TC  
*Pub. Date:* September 2024

## Paper Boat : New and Selected Poems: 1961-2023

by: Atwood, Margaret



FP 25,000(CDN) An extraordinary career-spanning collection from one of the most revered poets and storytellers of our age. In pieces that are at once brilliant, beautiful, and hyper-imagined, Atwood gives voice to remarkably drawn characters - mythological figures, animals, and everyday people - all of whom have something to say about what it means to live in a world as strange as our own. "How can one live with such a heart?" Atwood asks, casting her singular spell upon the reader and ferrying us through life, death, and whatever comes next.

*Publisher:* McClelland & Stewart  
*ISBN-13:* 9780771020612

*Price:* \$ 50.00  
*Pages:* 624

*Form:* TC  
*Pub. Date:* October 2024

## Pasta Queen: the Art of Italian Cooking

by: Munno, Nadia Caterina



FP 300,000 Culinary virtuoso and NYT bestselling author Nadia Caterina Munno expands beyond pasta and into the art of traditional Italian cooking with this vibrant and accessible cookbook - featuring seasonal dishes, healthy entrees, and so much more. With over 100 delicious recipes and stunning photographs that will transport you to the heart of the Mediterranean, this cookbook also delves into Nadia's food philosophies, including the importance of using seasonal ingredients, following a balanced diet, and celebrating cultural history through food. While there's still plenty of pasta to be found, this cookbook will enrich your plate with the rest of what Italy has to offer...and it's just gorgeous.

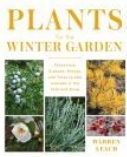
*Publisher:* Gallery Books  
*ISBN-13:* 9781668047286

*Price:* \$ 44.00  
*Pages:* 288

*Form:* TC  
*Pub. Date:* November 2024

## Plants for the Winter Garden : Perennials, Grasses, Shrubs, an...

by: Leach, Warren



Within this comprehensive reference book lie the secrets to keeping your garden beautiful despite the elements, with design and planting concepts for prolonged wintry conditions. Though many plants go dormant in wintry months, there are many inspiring cultivars and varieties that hold their interest through the cold and snow, including brightly colored twigs, buds, and berries, dazzling winter flowers and dried seed pods. Plants for the Winter Garden extends the possibilities for the cold-climate gardener and provides invaluable insight that will make any garden thrive during the cold season. Plantsman Warren Leach shares expertise and techniques perfected over thirty years of gardening in frigid eastern Massachusetts.

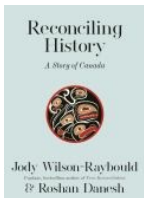
*Publisher:* Timber Press, Incorporated  
*ISBN-13:* 9781604699265

*Price:* \$ 50.00  
*Pages:* 256

*Form:* TC  
*Pub. Date:* November 2024

## Reconciling History : A Story of Canada

by: Wilson-Raybould, Jody



FP 40,000(CDN) A truly unique history of our land - powerful, devastating, remarkable - as told through the voices of both Indigenous and non-Indigenous peoples. The totem pole forms the foundation for this unique and important oral history of Canada. Its goal is both toweringly ambitious and beautifully direct: To tell the story of this country in a way that prompts readers to look from different angles, to see its dimensions, its curves, and its cuts. To see that history has an arc, just as the totem pole rises, but to realize that it is also in the details along the way that important meanings are to be found. To recognize that the story of the past is always there to be retold and recast, and must be conveyed to...

*Publisher:* McClelland & Stewart  
*ISBN-13:* 9780771017230

*Price:* \$ 39.95  
*Pages:* 368

*Form:* TC  
*Pub. Date:* October 2024

## Roman Year : A Memoir

by: Aciman, André



FP 50,000 The author of Call Me by Your Name returns with a deeply romantic memoir of his time in Rome while on the cusp of adulthood. In Roman Year, André Aciman captures the period of his adolescence that began when he and his family first set foot in Rome, after being expelled from Egypt. Though Aciman's family had been well-off in Alexandria, all vestiges of their status vanished when they fled, and the author, his younger brother, and his deaf mother moved into a rented apartment (eventually revealed to be a recently vacated brothel) on Via Clelia. Though dejected, Aciman's mother and brother found their way into life in Rome, while Aciman burrowed into his bedroom. The world of novels eventually allowed him to open...

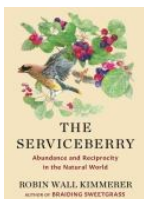
*Publisher:* Farrar, Straus & Giroux  
*ISBN-13:* 9780374613389

*Price:* \$ 40.00  
*Pages:* 368

*Form:* TC  
*Pub. Date:* October 2024

## Serviceberry : Abundance and Reciprocity in the Natural World

by: Kimmerer, Robin Wall



FP 150,000 As Indigenous scientist and author of BRAIDING SWEETGRASS Robin Wall Kimmerer harvests serviceberries alongside the birds, she considers the ethic of reciprocity that lies at the heart of the gift economy. How, she asks, can we learn from Indigenous wisdom and the plant world to reimagine what we value most? Our economy is rooted in scarcity, competition, and the hoarding of resources, and we have surrendered our values to a system that actively harms what we love. Meanwhile, the serviceberry's relationship with the natural world is an embodiment of reciprocity, interconnectedness, and gratitude. The tree distributes its wealth - its abundance of sweet, juicy berries - to meet the needs of its natural...

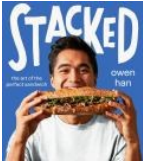
*Publisher:* Scribner  
*ISBN-13:* 9781668072240

*Price:* \$ 25.00  
*Pages:* 128

*Form:* TC  
*Pub. Date:* November 2024

## Stacked : The Art of the Perfect Sandwich

by: Han, Owen



FP 50,000 Take your sandwich game to the next level with mouthwatering out-of-the-ordinary recipes from TikTok's reigning "Sandwich King" Owen Han. He's renowned for dreaming up modern twists to classic recipes (as with his Chipotle Chicken Philly) and working with global flavors inspired by his Italian and Chinese heritage. And in Owen's book, anything that can be stacked and held in your hand counts as a sandwich—from a taco to a bao to a wrap. Think recipes like: Turkey Crunch Sandwich with Frico Crisps; Hawaiian Breakfast Sandwich; Snapper Po' boy with Remoulade; Peking Duck Wrap; OG Steak Sando with Caramelized Onion and Aioli. With easy-to-follow instructions and mouthwatering photos, STACKED is perfect for anyone...

*Publisher:* HarperCollins Publishers  
*ISBN-13:* 9780063330658

*Price:* \$ 36.99  
*Pages:* 256

*Form:* TC  
*Pub. Date:* October 2024

## Winter Weed Finder : Identifying Dry Plants of Central and East...

by: Miller, Dorcas S.



Identify weeds in eastern North America with this pocket-size guide. You can appreciate and enjoy nature's plants and wildflowers--even during late fall and winter! If you're curious about the dry, non-woody plants that you encounter, then Winter Weed Finder by Dorcas S. Miller is just what you need. With the handy, easy-to-use booklet, you can identify common native and naturalized herbs and native ferns throughout much of the eastern United States and parts of southern Canada. The book provides a dichotomous key to identifying non-woody plants in late fall and winter. Simply answer a series of simple questions about the shape or appearance of the dried structures that remain after frost, such as pods, dried flower heads...

*Publisher:* AdventureKEEN  
*ISBN-13:* 9780912550534

*Price:* \$ 11.95  
*Pages:* 64

*Form:* TP  
*Pub. Date:* October 2024