



*probable mental causes for physical illness. They also include case studies that show a complete program for healing that draws from all disciplines, including both traditional and alternative medicine, affirmations, nutritional changes, and so much more. Using the self-assessment quiz, the holistic health advice, and an expanded version of Louise's original affirmation chart, you can learn how to heal your mind and body with affirmations and intuition and live a balanced, healthy life.*

*"Outstanding—starts with a bang and gets tenser and tenser. Say Nothing shows Parks is a quality writer at the top of his form."—Lee Child "Terrific book. Truly terrific. Tension throughout and tears at the end."—Sue Grafton Judge Scott Sampson doesn't brag about having a perfect life, but the evidence is clear: A prestigious job. A loving marriage. A pair of healthy children. Then a phone call begins every parent's most chilling nightmare. Scott's six-year-old twins, Sam and Emma, have been taken. The judge must rule exactly as instructed in a drug case he is about to hear. If he refuses, the consequences for the children will be dire. For Scott and his wife, Alison, the kidnapper's call is only the beginning of a twisting, gut-churning ordeal of blackmail, deceit, and terror. Through it all, they will stop at nothing to get their children back, no matter the cost to themselves...or to each other. "Complications and twists build to an unexpected climax that is both perfect and gut-wrenching."—Library Journal (starred review) "Grips the reader from the get-go and doesn't let up until the final twist."—Associated Press*

*Idaho*

*The Runaway Daughter*

*Hamnet*

*Greenlights*

*Project Hail Mary*

*"I read Virginia's novel in one sitting and was so captured by it I knew I had to make it and play Mrs. March. As a character, she is fascinating, complex, and deeply human and I can't wait to sink my teeth into her." —Elisabeth Moss A Jenny Lawson "Fantastic Strangeling Book Club" Selection Oprah Daily • Best of the Month USA Today • Books Not to Miss Who is Mrs. March? George March's latest novel is a smash. No one could be prouder than his dutiful wife, Mrs. March, who revels in his accolades. A careful creature of routine and decorum, she lives a precise life. A patisserie suggests that her husband's latest protagonist—a detestable character named Johann—is based on Mrs. March herself. Clutching her ostrich leather pocketbook and mint-colored gloves, she flees the shop. What could have merited this humiliation? That one casual remark robs Mrs. March of the belief that she knew everything about her husband—and herself—thus sending her on an increasingly paranoid journey that begins within the pages of a book. While snooping in George's office, Mrs. March finds a newspaper clipping about a missing woman who looks exactly like her. His editor lately, leaving Mrs. March all alone at night with her tormented thoughts, and the cockroaches that have suddenly started to appear, and strange breathing noises . . . As she begins to decode her husband's secrets, her deafening anxiety and fierce determination threaten everyone in her wake—including her stoic housekeeper, Martha, and her unobtrusive son, Jonathan, whom she loves so profoundly, when she remembers to love him at all. Combining a Hitchcockian sensibility with wickedly dark humor, Virginia Felto, a brilliantly talented and, at times, psychologically suspense and casebook insecurity turned full-blown neurosis, Mrs. March will have you second-guessing your own seemingly familiar reflection in the mirror. Salvar el fuego*