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Eleanor Noelle Hancock

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From leading experts in behavioral activation research and clinical practice, this volume presents an empirically tested approach for helping clients overcome depression by becoming active and engaged in their own lives. Behavioral activation is a stand-alone treatment whose principles can be integrated easily with other approaches that therapists already use. Guidelines are presented for identifying individualized treatment targets, monitoring and scheduling "antidepressant" activities -- experiences that are likely to be rewarding and pleasurable -- and

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decreasing avoidance and ruminative thinking. Rich clinical illustrations include an extended case example that runs throughout the book. Twenty-two reproducible forms, worksheets, and tables can be downloaded and printed in a convenient 8 1/2" x 11" size.

A narrative report by a woman who grew up near the Rocky Flats nuclear weapon facility describes the dark secrets that dominated her childhood, the strange cancers that afflicted her neighbors, her brief employment at Rocky Flats and the efforts of residents to achieve legal justice. 30,000 first printing.

“I honestly loved this book.” —Jim Norton, New York Times bestselling author of I Hate Your Guts “Eleanor

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taught Noelle that, first and foremost, Courage Takes Practice. Her yearlong quest to face her terrors, great and small, is moving, enriching, and hilarious—we readers are lucky to be along for the ride.”
—Julie Powell, bestselling author of Julie & Julia In the tradition of My Year of Living Biblically and Eat Pray Love comes My Year with Eleanor, Noelle Hancock’s hilarious tale of her decision to heed the advice of First Lady Eleanor Roosevelt and do one thing a day that scares her in the year before her 30th birthday. Fans of Sloane Crosley and Chelsea Handler will absolutely adore Hancock’s charming and outrageous chronicle of her courageous endeavor and

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delight in her poignant and inspiring personal growth.

With murder, court battles, and sensational newspaper headlines, the story of Lizzie Borden is compulsively readable and perfect for the Common Core. Lizzie Borden took an axe, gave her mother forty whacks. When she saw what she had done, she gave her father forty-one. In a compelling, linear narrative, Miller takes readers along as she investigates a brutal crime: the August 4, 1892, murders of wealthy and prominent Andrew and Abby Borden. The accused? Mild-mannered and highly respected Lizzie Borden, daughter of Andrew and stepdaughter of Abby. Most of what is known about Lizzie's arrest

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and subsequent trial (and acquittal) comes from sensationalized newspaper reports; as Miller sorts fact from fiction, and as a legal battle gets under way, a gripping portrait of a woman and a town emerges. With inserts featuring period photos and newspaper clippings—and, yes, images from the murder scene—readers will devour this nonfiction book that reads like fiction. A School Library Journal Best Best Book of the Year "Sure to be a hit with true crime fans everywhere." —School Library Journal, Starred #1 New York Times bestselling author! In Rainbow Rowell's Fangirl, Cath is a Simon Snow fan. Okay, the whole world is a Simon

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Snow fan, but for Cath, being a fan is her life-and she's really good at it. She and her twin sister, Wren, ensconced themselves in the Simon Snow series when they were just kids; it's what got them through their mother leaving. Reading. Rereading. Hanging out in Simon Snow forums, writing Simon Snow fan fiction, dressing up like the characters for every movie premiere. Cath's sister has mostly grown away from fandom, but Cath can't let go. She doesn't want to. Now that they're going to college, Wren has told Cath she doesn't want to be roommates. Cath is on her own, completely outside of her comfort zone. She's got a surly roommate with a charming, always-around

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boyfriend, a fiction-writing professor who thinks fan fiction is the end of the civilized world, a handsome classmate who only wants to talk about words . . . And she can't stop worrying about her dad, who's loving and fragile and has never really been alone. For Cath, the question is: Can she do this? Can she make it without Wren holding her hand? Is she ready to start living her own life? And does she even want to move on if it means leaving Simon Snow behind? A New York Times Book Review Notable Children's Book of 2013 A New York Times Best Seller!

Full Body Burden

Christmas Bride

Lizzie Borden and the Trial of the

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Century

Rose Under Fire

Late Fall

My Year with Eleanor

A love story set in a bad dream about America, concerning permanent debt, secret police, making dinner, and unpaid invoices—right up until the end of the world. It's Brooklyn. It's winter. It's so cold outside you could execute billionaires in the street about it. Sam lives with Eleanor and they are in love. He has three or four outstanding invoices that would each cover rent for a month. At some point, the President is going to make some absolutely wild announcements that will only end in

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doom. In a surreal, funny, and heart-breaking version of reality, Sasha Fletcher's highly anticipated first novel occupies that rare register that manages to speak to an increasingly incomprehensible world. Through scenes that poetically transform the mundane into the sublime and the absurd into the tragic, Be Here to Love Me at the End of the World is about the exquisite beauty of being in love in a world that is falling apart.

From the Newbery Award-winning author of THE WESTING GAME, more clever riddles and wordplay, clues to be found, and mysteries to be solved! Glub! Blub! Mrs. Caroline "Little Dumpling" Carillon

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isn't quite sure what to expect when she sets off to meet her husband, Leon. After all, she hasn't seen him since their wedding when she was five and he was seven. But their reunion is cut short when a storm knocks him off their boat, and he disappears completely, leaving only one very waterlogged clue (Glub! Blub!). Will Dumpling be able to find Leon (or is it Noel) again? And just what is a glub blub?

For young Mark, the world has turned as bleak and gray as the Brighton winter. Separated from his real father and home in London, he's come to live with his mother and her new husband in an old house near the sea. He spends his

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days alone, trying to master the skateboard, while other boys his age are in school. He hates the unwanted stepfather who barged into Mark's life to rob him of joy. Worst of all, his once-vibrant mother has grown listless and weary, no longer interested in anything beyond her sitting room. But on a damp and chilly evening, an accident carries Mark into the basement flat of the old woman who lives at the bottom of his stepfather's house. She offers tea, cakes, and sympathy . . . and the key to a secret, bygone world. Mark becomes caught up in the frenetic bustle of the human machinery that once ran a home, and drawn ever deeper into

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a lost realm of spirits and memory. Here below the suffocating truths, beneath the pain and unhappiness, he finds an escape, and quite possibly a way to change everything. A richly evocative, poignantly beautiful modern-day ghost story, The Servants marks the triumphant return of Michael Marshall Smith—the first novel in a decade from the multiple award-winning author of Spares.

Inspired by the novels of Jane Austen, this new mystery series set in 19th-century London introduces the charming and resourceful Rosalind Thorne, a woman privy to the secrets of high society--including who among the ton is capable of

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murder... The daughter of a baronet and minor heiress, Rosalind Thorne was nearly ruined after her father abandoned the family. To survive in the only world she knew, she began to manage the affairs of some of London society's most influential women, who have come to rely on her wit and discretion. So, when aristocratic wastrel Jasper Aimesworth is found dead in London's most exclusive ballroom, Almack's, Rosalind must use her skills and connections to uncover the killer from a list of suspects that includes Almack's powerful patronesses and her former suitor Devon Winterbourne, now Lord Casselmaine. Torn between her old

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love and a growing attraction to a compelling Bow Street runner, Rosalind must not only unravel the mysteries surrounding Jasper's death, but the mysteries of her own heart as well...

Recently single, Danny Wallace was falling into loneliness and isolation. When a stranger on a bus advises, "Say yes more," Wallace vows to say yes to every offer, invitation, challenge, and chance. In Yes Man, Wallace recounts his months-long commitment to complete openness with profound insight and humbling honesty. Saying yes takes Wallace into a new plane of existence: a place where money comes as easily as it goes, nodding a lot can lead to

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a long weekend overseas with new friends, and romance isn't as complicated as it seems. Yes eventually leads to the biggest question of all: "Do you, Danny Wallace, take this woman . . ." Yes Man is inspiring proof that a little willingness can take anyone to the most wonderful of places.

The Good Girls Revolt

The Borden Murders

The Journal of Best Practices

Be Here to Love Me at the End of the World

A Memoir in Pictures

A Useful Woman

Magic is tough. Family is tougher. Boys are a complete mystery. Follow Lilla as she

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stumbles her way through each of them in Eleanor Crewes's uniquely illustrated debut middle-grade graphic novel. Thirteen-year-old Lilla feels she is a bit different. She's quiet and shy and sometimes feels uncomfortable in the company of boys. She'd much rather spend time by herself drawing and daydreaming. This summer, while staying with her aunt in rural Italy, Lilla discovers a book of magic which reveals that she is a witch with special powers, the magic of 'Strega'. But unbeknownst to her, an ancient witch, Stregamama,

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threatens to ruin more than just her summer. Lilla is soon faced with a choice that could change her life forever. She was born before women had the right to vote yet went on to become one of America's most influential First Ladies. A Gallup poll named her one of the most admired people of the twentieth century and she remains well known as a role model for a life well lived. Roosevelt wrote You Learn by Living at the age of seventy-six, just two years before her death. The commonsense ideas' and heartfelt ideals' presented in this

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volume are as relevant today as they were five decades ago.

Her keys to a fulfilling life?

Some of her responses include: learning to learn, the art of maturity, and getting the best out of others.

'Enthralling from the first page to the last. Devoured in one sitting.

Noelle Holten has become one of my must-read

authors' Angela Marsons, bestselling author of the Detective Kim Stone series

After landing a job as a reporter at the "New York News,"

Ruby Capote joins three other women for

evenings playing poker and finds herself falling for her

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**intriguing and challenging
boss, Michael.**

**Presents the childhood of
Eleanor Roosevelt, who
married a man who became
president of the United States
and became known as a great
humanitarian.**

A Novel

Eliza and Her Monsters

The Fire Never Goes Out

How to Be Happy

I Hate Your Guts

The Servants

When New York Times bestselling author and comedian Jim Norton isn't paying for massages with happy endings, or pretending to be fooled by transsexuals he picks up, he spends his time wondering what

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certain people would look like on fire... What do Heather Mills, the Reverend Al Sharpton, and Dr. Phil have in common? Jim Norton hates their guts. And he probably hates yours, too, especially if you're a New York Yankee, Starbucks employee, or Steve Martin. In thirty-five hilarious essays, New York Times bestselling author and comedian Jim Norton spews bile on the people he loathes. Enjoy his blistering attacks on Derek Jeter, Hillary Clinton, fatso Al Roker, and mush-mouthed Jesse Jackson. It's utterly hilarious -- and utterly relatable if you've ever bitten a stranger's face or thrown a bottle through the TV screen while watching the news. But don't think

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Jim just dishes loads of shit on his self-proclaimed enemies; he is equally atrocious to himself. He savages himself for his humiliating days as a white homeboy, his balletlike spins in the outfield during a little league game, and his embarrassingly botched attempt at a celebrity shout-out while taping his new HBO stand-up series. Uncomfortably honest, *I Hate Your Guts* is probably the best example of emotional vomiting you'll ever read. But there is hope; at the end of each essay, Jim generously offers helpful suggestions as to how the offender can make things right again: Eliot Spitzer: If you run for re-election, instead of shaking hands with voters, let them smell your

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fingers. Reverend Al Sharpton: The next time you feel the need to protest, do so dressed as an elk in Ted Nugent's backyard. Hillary Clinton: When you absolutely must make a point of laughing publicly, don't fake it. Just think of something that genuinely makes you laugh, like lowering taxes or any random male having his penis cut off. For the legions of devoted fans who know Jim Norton for his raw, sometimes brutal comedy, *I Hate Your Guts* is what you've been waiting for. But even more important -- it's a great book to read while taking a shit.

Rose Justice is a young pilot with the Air Transport Auxiliary during the Second World War. On her way

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back from a semi-secret flight in the waning days of the war, Rose is captured by the Germans and ends up in Ravensbrück, the notorious Nazi women's concentration camp. There, she meets an unforgettable group of women, including a once glamorous and celebrated French detective novelist whose Jewish husband and three young sons have been killed; a resilient young girl who was a human guinea pig for Nazi doctors trying to learn how to treat German war wounds; and a *Nachthexen*, or Night Witch, a female fighter pilot and military ace for the Soviet air force. These damaged women must bond together to help each other survive. In this companion volume to the

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critically acclaimed novel Code Name Verity, Elizabeth Wein continues to explore themes of friendship and loyalty, right and wrong, and unwavering bravery in the face of indescribable evil.

My Year with EleanorA

MemoirHarper Collins

The beloved New York Times bestseller from acclaimed author Eleanor Brown about three sisters who love each other, but just don't happen to like each other very much. Three sisters have returned to their childhood home, reuniting the eccentric Andreas family. Here, books are a passion (there is no problem a library card can't solve) and TV is something other people watch. Their father—a professor of

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Shakespeare who speaks almost exclusively in verse—named them after the Bard's heroines. It's a lot to live up to. The sisters each have a hard time communicating with their parents and their lovers, but especially with one another. What can the shy homebody eldest sister, the fast-living middle child, and the bohemian youngest sibling have in common? Only that none has found life to be what was expected; and now, faced with their parents' frailty and their own personal disappointments, not even a book can solve what ails them... Get ready for the coolest cats around! Thirty delightful illustrations feature an adorable array of curious cats relaxing at the beach, chasing

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butterflies, frolicking with friends, catching fish, and showing off in a variety of playful poses.

Fangirl

Afterwards

The Weird Sisters

Daughters of Destiny

Growing Up in the Nuclear Shadow of Rocky Flats

A Clinician's Guide

In Chinese, peng you means friend. But in any language, all Anna knows for certain is that friendship is complicated. When Anna needs company, she turns to her books. Whether traveling through *A Wrinkle in Time*, or peering over *My Side of the Mountain*, books provide what

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real life cannot—constant companionship and insight into her changing world. Books, however, can ' t tell Anna how to find a true friend. She ' ll have to discover that on her own. In the tradition of classics like Maud Hart Lovelace ' s Betsy-Tacy books and Eleanor Estes ' One Hundred Dresses, this novel subtly explores what it takes to make friends and what it means to be one.

The second and final volume of the collected best work of Vogue editor and international fashion icon Grace Coddington This handsome slipcased edition showcases work of the last

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fifteen years by legendary Vogue editor Grace Coddington. The book celebrates seventeen of the master photographers with whom Coddington has collaborated - including Steven Meisel, Annie Leibovitz, Craig McDean, David Sims, Mario Testino, and Marcus Piggot and Mert Alas - in a sumptuous compilation of Coddington's most beloved fashion stories. When Ruth gets set up on a blind date with Carter Wilson, she agrees to go out with him as a favor to a friend. But she's not interested in Carter. He might be the most attractive man she's ever known, but he's too rich.

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Too indulged. Too nice all the time. Right now, her career comes first in her life, and even if it didn't, she's looking for a man with rougher edges. Plus, she suspects he might still have a thing for a woman he can never have. Carter wants to get his friends and family to stop trying to fix him up, so he suggests a scheme that might help them both. They can pretend they fell in love and fake an engagement until Christmas. His friends will back off, and she can use the social events in the very wealthy town of Green Valley to line up a lot of new contacts for her interior design

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business. All she has to do is pretend she's going to marry Carter. It should be easy. It's not like she'll ever be his bride for real.

A comic story about a philandering high-school history teacher in the midst of a student-body election gone haywire

A collection of literary comics exploring joy, anguish, fear, and loneliness.

Behavioral Activation for Depression

How the Women of Newsweek Sued their Bosses and Changed the Workplace

The Autobiography of Eleanor Roosevelt

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The Rise and Fall of an All-American Boy and His Multimillion-Dollar Cocaine Empire

The Times I Knew I Was Gay

From ND Stevenson, the New York Times bestselling author-illustrator of Nimona, comes a captivating, honest illustrated memoir that finds him turning an important corner in his creative journey—and inviting readers along for the ride. In a collection of essays and personal mini-comics that span eight years of his young adult life, author-illustrator ND Stevenson charts the highs and lows of being a creative human in the world. Whether it's hearing the wrong name called at his art school

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graduation ceremony or becoming a National Book Award finalist for his debut graphic novel, Nimona, ND captures the little and big moments that make up a real life, with a wit, wisdom, and vulnerability that are all his own. Named one of Bank Street College of Education's Best Children's Books of the Year!

This is life. After summer, the green leaves always change colors and fall off the trees. Dogs die, no matter how much you love them. Land is sold, even if you used to tell yourself you were going to die on the property. And people get old. Even me. Ellie Davenport has watched the same valley change with the seasons since she was a child. A sharp and

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intelligent woman, she's enjoyed a stellar professional career, a full love life featuring interesting men, and a small but loving circle of family and friends. Now she's on the other side of the valley, retired, alone, and the view is much different. She wants to believe that it's just as beautiful from this side, looking back at her life, but the self-sufficient resiliency she's always depended on to keep her path straight and people at arm's length isn't as reliable in the crowded and socially uncomfortable microcosm of assisted living. The discovery that her old work rival, Dave Andrews, is just down the hall, just as annoyingly handsome, and keeps showing up on her daily hike is most definitely a

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disaster and not at all interesting. I would have thought that, living as long as he has, some of that arrogance would have been burned off through the fires of life, but evidently it hasn't been. He's still the same jackass who showed up in my office one day and told me my budget for periodicals would be cut in half starting immediately. Dave isn't just the same as he always was. Loss has a way of moving into the the heart and changing people. Except — sometimes a long walk with a smart woman can show you just how much room you still have left for love. I don't know if you've ever tried it, but telling yourself there's nothing to hope for doesn't ever work. We're human

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beings, after all. Hope is what we do. From the award-winning, #1 New York Times bestselling author of Wayward Son, Fangirl, Carry On, and Landline comes a hilarious and heartfelt novel about an office romance that blossoms one email at a time.... Beth Fremont and Jennifer Scribner-Snyder know that somebody is monitoring their work e-mail. (Everybody in the newsroom knows. It's company policy.) But they can't quite bring themselves to take it seriously. They go on sending each other endless and endlessly hilarious e-mails, discussing every aspect of their personal lives. Meanwhile, Lincoln O'Neill can't believe this is his job now—reading other people's e-mail.

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When he applied to be “internet security officer,” he pictured himself building firewalls and crushing hackers—not writing up a report every time a sports reporter forwards a dirty joke. When Lincoln comes across Beth's and Jennifer's messages, he knows he should turn them in. He can't help being entertained, and captivated, by their stories. But by the time Lincoln realizes he's falling for Beth, it's way too late to introduce himself. What would he even say...? A charming, highly relatable graphic memoir about one woman's coming out and coming of age that “brims with hope, and the joy that arises when one is finally ready to step out into the world” (OprahMag.com).

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Ellie always had questions about who she was and how she fit in. As a girl, she wore black, obsessed over Willow in Buffy the Vampire Slayer, and found dating boys much more confusing than many of her friends did. As she grew older, so did her fears and a deep sense of unbelonging. From her first communion to her first girlfriend via a swathe of self-denial, awkward encounters, and everyday courage, Ellie offers a fresh and funny self-portrait of a young woman becoming herself. This “heartwarming, delightful memoir of self-discovery” (Kirkus Reviews, starred review) reminds us that people sometimes come out not just once but again and

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again; that identity is not necessarily about falling in love with others, but about coming to terms with oneself. Full of vitality and humor, The Times I Knew I Was Gay will ring true for anyone who has taken the time to discover who they truly are.

From the # 1 New York

Times–bestselling author of Black Hawk Down: The “shocking” story of the country’s unlikeliest drug kingpin (The Baltimore Sun). By the early 1980s, Larry Lavin had everything going for him. He was a bright, charismatic young man who rose from working-class roots to become a dentist with an Ivy League education and a thriving practice, and a beloved father with a well-respected family in

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one of Philadelphia's most exclusive suburbs. But behind the façade of his success was a dark secret: Lavin was also the mastermind behind a cocaine empire that spread from Miami to Boston to New Mexico, catering to lawyers, stockbrokers, and other professionals, and generating an annual income of \$60 million for the good doctor. Now, Mark Bowden, a "master of narrative journalism" (The New York Times Book Review) tells the harrowing saga of Lavin's rise and fall in "a shocking American tragedy . . . [that] shoots straight from the hip" (Pittsburgh Post-Gazette). "An engrossing crime story and a compelling morality tale."

—The Arizona Republic "Has all the

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elements of a chilling suspense thriller . . . A smoothly crafted, exciting, can't-put-it-down book.” —*The New Voice* (Louisville)

A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband

Grace: The American Vogue Years
The Mysterious Disappearance of Leon (I Mean Noel)

Attachments

Election

Doctor Dealer

“A love letter to fandom, friendship, and the stories that shape us, *Eliza and Her Monsters* is absolutely magical.” —*Marieke Nijkamp*, *New York Times*-bestselling author of *This Is Where It Ends* *Eighteen-*

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year-old Eliza Mirk is the anonymous creator of the wildly popular webcomic *Monstrous Sea*, but when a new boy at school tempts her to live a life offline, everything she's worked for begins to crumble. Rainbow Rowell's *Fangirl* meets Noelle Stevenson's *Nimona* in this acclaimed novel about art, fandom, and finding the courage to be yourself. "A must-have."—*School Library Journal*

In the real world, Eliza Mirk is shy, weird, and friendless. Online, Eliza is *LadyConstellation*, anonymous creator of a popular webcomic called *Monstrous Sea*. With millions of followers and fans throughout the world, Eliza's persona is popular. Eliza can't imagine enjoying the

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real world as much as she loves her digital community. Then Wallace Warland transfers to her school and Eliza begins to wonder if a life offline might be worthwhile. But when Eliza's secret is accidentally shared with the world, everything she's built—her story, her relationship with Wallace, and even her sanity—begins to fall apart. With pages from Eliza's webcomic, as well as screenshots from Eliza's online forums, this book will appeal to fans of Noelle Stevenson's *Nimona* and Rainbow Rowell's *Fangirl*. Young Adult Library Services Association Best Book Best Fiction for Young Adults Top Ten Kirkus Best Book Texas Tayshas Pick

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The Mau Mau - the name of a secret society that once struck terror into the hearts of British settlers in Kenya. An episode in history that ended in a State of Emergency, with violent and brutal acts dividing a nation. This is an intensely personal and vivid story of two boys: one black, one white. Once they were friends even though their circumstances are very different. But in a country driven by fear and prejudice, even the best of friends can betray one another . . . Internationally acclaimed and award-winning author Beverley Naidoo explores new territory in this beautifully realized and moving story set in Britain's colonial past. After a house fire leaves Grace and

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her daughter, Jenny, in the hospital, Grace must find the true culprit before Jenny's life is once again in danger—and before her mute son is convicted for an arson he didn't commit. By the author of *Sister*. Reprint.

It was the 1960s--a time of economic boom and social strife. Young women poured into the workplace, but the "Help Wanted" ads were segregated by gender and the "Mad Men" office culture was rife with sexual stereotyping and discrimination. Lynn Povich was one of the lucky ones, landing a job at Newsweek, renowned for its cutting-edge coverage of civil rights and the "Swinging Sixties." Nora Ephron, Jane Bryant Quinn,

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Ellen Goodman, and Susan Brownmiller all started there as well. It was a top-notch job--for a girl--at an exciting place. But it was a dead end. Women researchers sometimes became reporters, rarely writers, and never editors. Any aspiring female journalist was told, "If you want to be a writer, go somewhere else." On March 16, 1970, the day Newsweek published a cover story on the fledgling feminist movement entitled "Women in Revolt," forty-six Newsweek women charged the magazine with discrimination in hiring and promotion. It was the first female class action lawsuit--the first by women journalists--and it inspired other women in the media

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to quickly follow suit. Lynn Povich was one of the ringleaders. In *The Good Girls Revolt*, she evocatively tells the story of this dramatic turning point through the lives of several participants. With warmth, humor, and perspective, she shows how personal experiences and cultural shifts led a group of well-mannered, largely apolitical women, raised in the 1940s and 1950s, to challenge their bosses--and what happened after they did. For many, filing the suit was a radicalizing act that empowered them to "find themselves" and fight back. Others lost their way amid opportunities, pressures, discouragements, and hostilities they weren't prepared to

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navigate. The Good Girls Revolt also explores why changes in the law didn't solve everything. Through the lives of young female journalists at Newsweek today, Lynn Povich shows what has--and hasn't--changed in the workplace. Building on its successful "read-see-do" approach, this second edition of Learning Cognitive-Behavioral Therapy: An Illustrated Guide seamlessly combines 23 all-new videos with informative text and figures, charts, worksheets, checklists, and tables to help readers not only learn the essential skills of CBT but achieve competence in this important evidence-based treatment method. Opening with an overview of core

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cognitive-behavior therapy (CBT) theories and techniques, leading CBT practitioners then describe and demonstrate how to build effective therapeutic relationships with CBT, conceptualize a case with the CBT model, structure sessions, and resolve common problems encountered in CBT. This updated, second edition of the best-selling and highly popular *Learning Cognitive-Behavioral Therapy* also features: Ways to employ CBT to reduce suicide risk Guidance on integrating therapies related to CBT -- including dialectical behavior therapy, mindfulness-based cognitive therapy, and well-being therapy -- in the context of personality disorders and chronic or

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recurrent depression An appendix of curated resources by the expert authors -- recommended readings, computer programs, Web sites, videos, and organizations -- to give readers access to the best resources in building competence in CBT practice The all-new videos feature clinicians demonstrating methods in real-world settings and include new topics such as safety planning and uncovering and changing maladaptive schemas. Proven as one of the best teaching tools for building competence in CBT, this new edition will enrich readers' understanding and practice of CBT.

Learning Cognitive-Behavior Therapy

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An Illustrated Guide

Lilla the Accidental Witch

The Year Of The Book

The Flight Girls

**Dead Secret (Maggie Jamieson
thriller, Book 4)**

Reveals the many character qualities of the woman of God. Contains stories of past women of faith. An antidote to the cynicism of modern feminism.

A candid and insightful look at an era and a life through the eyes of one of the most remarkable Americans of the twentieth century, First Lady and humanitarian Eleanor Roosevelt. The daughter of one of New York's most influential families, niece of Theodore Roosevelt, and wife of President Franklin Delano

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Roosevelt, Eleanor Roosevelt witnessed some of the most remarkable decades in modern history, as America transitioned from the Gilded Age, the Progressive Era, and the Depression to World War II and the Cold War. A champion of the downtrodden, Eleanor drew on her experience and used her role as First Lady to help those in need. Intimately involved in her husband's political life, from the governorship of New York to the White House, Eleanor would eventually become a powerful force of her own, heading women's organizations and youth movements, and battling for consumer rights, civil rights, and improved housing. In the years after FDR's death, this inspiring,

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controversial, and outspoken leader would become a U.N. Delegate, chairman of the Commission on Human Rights, a newspaper columnist, Democratic party activist, world-traveler, and diplomat devoted to the ideas of liberty and human rights. This single volume biography brings her into focus through her own words, illuminating the vanished world she grew up, her life with her political husband, and the post-war years when she worked to broaden cooperation and understanding at home and abroad. The Autobiography of Eleanor Roosevelt includes 16 pages of black-and-white photos. Includes an excerpt from *The liberator* by Alex Kershaw. The warm and hilarious

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bestselling memoir by a man diagnosed with Asperger syndrome who sets out to save his marriage. At some point in nearly every marriage, a wife finds herself asking, What the @#!% is wrong with my husband?! In David Finch's case, this turns out to be an apt question. Five years after he married Kristen, the love of his life, they learn that he has Asperger syndrome. The diagnosis explains David's ever-growing list of quirks and compulsions, but it doesn't make him any easier to live with. Determined to change, David sets out to understand Asperger syndrome and learn to be a better husband with an endearing yet hilarious zeal. His methods for

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improving his marriage involve excessive note-taking, performance reviews, and most of all, the Journal of Best Practices: a collection of hundreds of maxims and hard-won epiphanies, including “Don’t change the radio station when she’s singing along” and “Apologies do not count when you shout them.” Over the course of two years, David transforms himself from the world’s most trying husband to the husband who tries the hardest. He becomes the husband he’d always meant to be. Filled with humor and surprising wisdom, The Journal of Best Practices is a candid story of ruthless self-improvement, a unique window into living with an autism spectrum condition, and proof

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that a true heart can conquer all.
A USA TODAY BESTSELLER
A PUBLISHERS WEEKLY BESTSELLER
A WOMAN'S WORLD BEST NEW
BOOK "I read well into the night,
unable to stop. The book is
unputdownable."—Debbie
Macomber, #1 New York Times
bestselling author "Heart-
breaking, validating,
exciting."—Hypable "Rich
historical detail...this saga has it
all."—Woman's World Shining a
light on a little-known piece of
history The Flight Girls is a
sweeping portrayal of women's
fearlessness, love, and the power
of friendship to make us soar.
1941. Audrey Coltrane has always
wanted to fly. It's why she
implored her father to teach her
at the little airfield back home in

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Texas. It's why she signed up to train military pilots in Hawaii when the war in Europe began. And it's why she insists she is not interested in any dream-derailing romantic involvements, even with the disarming Lieutenant James Hart, who fast becomes a friend as treasured as the women she flies with. Then one fateful day, she gets caught in the air over Pearl Harbor just as the bombs begin to fall, and suddenly, nowhere feels safe. To make everything she's lost count for something, Audrey joins the Women Airforce Service Pilots program. The bonds she forms with her fellow pilots reignite a spark of hope in the face war, and—when James goes missing in action—give Audrey the strength

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to cross the front lines and fight not only for her country, but for the love she holds so dear.

"Captivated me from the first page and never let go...a powerful tale of courage and sacrifice by the Women Airforce Service Pilots during WWII. A spectacular first novel."—Sara Ackerman, USA TODAY bestselling author of *The Lieutenant's Nurse*

Fierce Overture

Girls' Poker Night

Burn My Heart

A Memoir

You Learn by Living

SPARK Cool Cats Coloring Book

Music superstar Noelle

Laurent refuses to record the music her producers have lined up for her new album.

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Prepared to break her contract if necessary, all Noelle wants is a chance to sing her own songs. Desperate, the producers bring in their CEO, business tycoon Helena Forsythe, who is infamous for not taking any prisoners. Noelle expects the CEO to be the company bitch everybody fears but she is not prepared to be so affected by Helena's formidable presence and charisma. For Helena, it's all about the money, so why change a winning game plan? However, when Noelle shows unexpected strength and courage in the negotiations, Helena knows she has to

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change her usual steamroller approach. Trying charm instead of brute force, Helena is blind-sided by her own unexpected feelings. When Noelle responds in kind, the stakes escalate for both women, who risk not only their professional futures but everything when it comes to their hearts.

Avenue of Spies

Eleanor

Yes Man

A True Story of Terror,
Espionage, and One American
Family's Heroic Resistance in
Nazi-Occupied Paris