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"First published in the United Kingdom in 2012 as Run Fat Bitch Run by Sphere, an imprint of Little, Brown Book Group."

NATIONAL BESTSELLER • Real love . . . as seen on TV. A plus-size bachelorette brings a fresh look to a reality show in this razor-sharp, "divinely witty" (Entertainment Weekly) debut. "Effortlessly fun and clever . . . I found the tension impeccable . . . and that made my reading experience incredibly propulsive. Read it in a day and a half."—Emily Henry, #1 bestselling author of Beach Read and The People We Meet on Vacation NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • Marie Claire • Mashable Bea Schumacher is a devastatingly stylish plus-size fashion blogger who has amazing friends, a devoted family, legions of Insta followers—and a massively broken heart. Like the rest of America, Bea indulges in her weekly obsession: the hit reality show Main Squeeze. The fantasy dates! The kiss-off rejections! The surprising amount of guys named Chad! But Bea is sick and tired of the lack of body diversity on the show. Since when is being a size zero a prerequisite for getting engaged on television? Just when Bea has sworn off dating altogether, she gets an intriguing call: Main Squeeze wants her to be its next star, surrounded by men vying for her affections. Bea agrees, on one condition—under no circumstances will she actually fall in love. She's in this to supercharge her career, subvert harmful beauty standards, inspire women across America, and get a free hot air balloon ride. That's it. But when the cameras start rolling, Bea realizes things are more complicated than she anticipated. She's in a whirlwind of sumptuous couture, Internet culture wars, sexy suitors, and an opportunity (or two, or five) to find messy, real-life love in the midst of a made-for-TV fairy tale. In this joyful, wickedly observant debut, Bea has to decide whether it might just be worth trusting these men—and herself—for a chance to live happily ever after.

A sharp and candid memoir from a star in the restaurant world, and an up-and-coming literary voice. Toronto restaurateur Jen Agg, the woman behind the popular The Black Hoof, Cocktail Bar, Rhum Corner, and Agrikol restaurants, is known for her frank, crystal-sharp and often hilarious observations and ideas on the restaurant industry and the world around her. I Hear She's a Real Bitch, her first book, is caustic yet intimate, and wryly observant; an unforgettable glimpse into the life of one of the most interesting, smart, trail-blazing voices of this moment.

How far would you go to change your life, win the high school science fair, and get back at the guy who broke your heart? Cat's decision to make herself her own science experiment has hilarious and unintended side effects--and the kind of romantic complications she never could have expected.

Something Borrowed Emily Giffin The smash-hit debut novel for every woman who has ever had a complicated love-hate friendship. Rachel White is the consummate good girl. A hard-working attorney at a large Manhattan law firm and a diligent maid of honor to her charmed best friend Darcy, Rachel has always played by all the rules. Since grade school, she has watched Darcy shine, quietly accepting the sidekick role in their lopsided friendship. But that suddenly changes the night of her thirtieth birthday when Rachel finally confesses her feelings to Darcy's fiance, and is both horrified and thrilled to discover that he feels the same way. As the wedding date draws near, events spiral out of control, and Rachel knows she must make a choice between her heart and conscience. In so doing, she discovers that the lines between right and wrong can be blurry, endings aren't always neat, and sometimes you have to risk everything to be true to yourself.

THE HOLIDAYS ARE OVER. IT'S TIME TO BECOME AN ASS-KICKING, GETS-THINGS-DONE SUPERWOMAN WITH RUN FAT BITCH RUN. 'You'll be up and running in no time' Grazia 'Ruth is an inspiring running buddy' Daily Express Is there a large arse-shaped dent in your sofa? An eye-wateringly expensive (and rarely used) gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you cowering under the duvet? Then it's time you face the truth: if you want to lose weight and get fit there's only one thing left to do . . . RUN! Funny and brutally honest, Ruth Field and her straight-talking alter-ego The Grit Doctor will give you - yes, you - the push you need to start pounding the pavements and shedding pounds in no time. \* Locate your inner grit and long-lost energy with a foolproof beginners' programme \* Enjoy carbs without guilt with The Grit Doctor's tasty and nutritious recipes \* Includes marathon training plan to transform you from casual jogger to elite(ish) athlete Readers LOVE Run Fat Bitch Run: 'Exactly what I needed! I am now running regularly and have recently run a 10K' 'A must for anyone thinking they missed their New Year's fitness resolution!' 'Awesome, funny and real' 'Reading this book has kept me motivated and focused. Whenever I get the 'I'll go tomorrow' attitude, my inner bitch reminds me that tomorrow never comes' 'So good I bought a second one for a friend. We'll be running a marathon in no time!' Diet.

It's time to take control and 'Get Your Sh!t Together'. With The Grit Doctor on your side, find out what you want from life and find the courage to go for it, power through life admin without breaking sweat, and learn how to switch off and chill out.

The third installment in Kate Atkinson's wildly beloved series of Jackson Brodie Mysteries: a complex tale of murder, coincidence, and connected lives. On a hot summer day, Joanna Mason's family slowly wanders home along a country lane. A moment later, Joanna's life is changed forever... On a dark

night thirty years later, ex-detective Jackson Brodie finds himself on a train that is both crowded and late. Lost in his thoughts, he suddenly hears a shocking sound... At the end of a long day, 16-year-old Reggie is looking forward to watching a little TV. Then a terrifying noise shatters her peaceful evening. Luckily, Reggie makes it a point to be prepared for an emergency... These three lives come together in unexpected and deeply thrilling ways in the latest novel from Kate Atkinson, the critically acclaimed author who Harlan Coben calls "an absolute must-read." "As a reader, I was charmed. As a novelist, I was staggered by Kate Atkinson's narrative wizardry." -- Stephen King

A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

Sugar Legowski-Gracia wasn't always fat, but fat is what she is now at age seventeen. When Sugar meets Even, she has the new experience of someone seeing her and not her body. As their unlikely friendship builds, Sugar allows herself to think about the future for the first time, a future not weighed down by her body or her mother

Draws on Zen philosophies to counsel runners on how to achieve better results by aligning the body and mind for success, providing case testimonials while providing coverage of topics ranging from staying committed and training mindfully to visualizing goals and accepting limitations. Original.

In her U.S. debut, bestselling British novelist Green introduces an irresistible heroine who sets out to tackle attraction, addiction, and the meaning of true love.

**NEW YORK TIMES BESTSELLER • One million copies sold!** "A deeply spiritual book [that] honors what is tough, smart and untamed in women."—The Washington Post Book World Book club pick for Emma Watson's *Our Shared Shelf* Within every woman there lives a powerful force, filled with good instincts, passionate creativity, and ageless knowing. She is the Wild Woman, who represents the instinctual nature of women. But she is an endangered species. For though the gifts of wildish nature belong to us at birth, society's attempt to "civilize" us into rigid roles has muffled the deep, life-giving messages of our own souls. In *Women Who Run with the Wolves*, Dr. Clarissa Pinkola Estés unfolds rich intercultural myths, fairy tales, folk tales, and stories, many from her own traditions, in order to help women reconnect with the fierce, healthy, visionary attributes of this instinctual nature. Through the stories and commentaries in this remarkable book, we retrieve, examine, love, and understand the Wild Woman, and hold her against our deep psyches as one who is both magic and medicine. Dr. Estés has created a new lexicon for describing the female psyche. Fertile and life-giving, it is a psychology of women in the truest sense, a knowing of the soul.

In a world where the League and its assassins rule, where betrayal and treachery are everywhere, the only survivors are those ones who are...born of shadows. For Caillen Dagan, a defiant soldier of fortune, survival isn't a right, it's a brutal daily battle. Moving through the Ichidaian universe like a wraith, his brushes with the law and death are legendary. But when an act of rare heroism reveals his hidden birthright, he's forced into a world much more dangerous and cold-hearted than the bloody streets where he was raised—one of obscene wealth and lethal politics. Ferocious and determined, Desideria serves as an official bodyguard for her queen. Born of questionable genetics, she will do anything to prove herself worthy of the weapons she carries and the position she's won by

combat. But when she uncovers a ruthless plot to assassinate the queen and overthrow her country's government, Desideria is caught in the crosshairs. With assassination contracts out on both of them, Caillen and Desideria must learn to fight together or die alone. And if they fail, their governments will fall into the hands of an unimaginable evil.

In an unnamed Third World country, in the not-so-distant future, three "dumpsite boys" make a living picking through the mountains of garbage on the outskirts of a large city. One unlucky-lucky day, Raphael finds something very special and very mysterious. So mysterious that he decides to keep it, even when the city police offer a handsome reward for its return. That decision brings with it terrifying consequences, and soon the dumpsite boys must use all of their cunning and courage to stay ahead of their pursuers. It's up to Raphael, Gardo, and Rat—boys who have no education, no parents, no homes, and no money—to solve the mystery and right a terrible wrong. Andy Mulligan has written a powerful story about unthinkable poverty—and the kind of hope and determination that can transcend it. With twists and turns, unrelenting action, and deep, raw emotion, *Trash* is a heart-pounding, breath-holding novel.

Can she be herself in a one-size-fits-all world? Lori Palmer is the new girl at Bay Water High, where students prize glossy hair, "beach" bodies, and thigh gaps above all else, which is so not her. She misses her old school, where her artistic talent was more important to her peers than a chia smoothie recipe ever was. Uncomfortable in her own size-sixteen skin, Lori decides to survive senior year as best she can by blending into the background while she melts in the summer heat. But her plans go completely awry when she discovers popular jock Jake volunteering at her brother Zac's school. When her brother befriends Jake's sister, Lori is suddenly thrust into Jake's unfamiliar world of water polo, parties, and stargazing. As she grows closer to Jake, and her relationship with her mother starts to deteriorate, Lori's old anxieties resurface and she throws herself into her art. It's a wildly new direction for Lori, and through it she realizes that finding her voice might get her into a world of trouble, but standing up for what she believes in is as important as standing up for herself.

New York Times bestselling author Jen Lancaster takes you from sorority house to penthouse to poorhouse in her hilarious memoir of living the sweet life—until real life kicked her to the curb. She had the perfect man, the perfect job—hell, she had the perfect life—and there was no reason to think it wouldn't last. Or maybe there was, but Jen Lancaster was too busy being manicured, pedicured, highlighted, and generally adored to notice. This is the smart-mouthed, soul-searching story of a woman trying to figure out what happens next when she's gone from six figures to unemployment checks and she stops to reconsider some of the less-than-rosy attitudes and values she thought she'd never have to answer for when times were good. Filled with caustic wit and unusual insight, it's a rollicking read as speedy and unpredictable as the trajectory of a burst balloon.

"It's official Take a Psycho to Work Day. Why else would I be here?" Hunted. Hated. Betrayed. Outcast Dagger Ixur is on the run for his life. As one of the most recognizable members of his royal house, he has a bounty on his head that guarantees him no quarter from any friend or even family. But surrender isn't in him. He will fight to the bitter end. A resolve that is sorely tested when he narrowly escapes a trap that leaves him severely wounded. With what he believes is his dying breath, he saves a boy born to an extinct race from a group out to enslave the kid for his legendary abilities. Ushara Altaan has spent her entire life hating the Andarion royal house that drove her entire species

into virtual extinction. As a rare Andarion Fyreblood, she is sworn to end the existence of any royal she finds. But when Dagger saves her son's life, she is torn between her people and a debt that can never be repaid. Yet worse than Dagger's family that's still out to end hers and him, are the League assassins after him who will stop at nothing to claim the lives of her Tavali family. The only hope she has to save them all is to put their future and her faith into the hands of the very enemy whose grandmother personally extinguished Ushara's legendary lineage. But how can she ever trust Dagger when he is a disinherited outlaw whose real name is synonymous with betrayal?

The marathon . . . a word to strike fear into the hearts of all weekend runners; a challenge like no other; a hell of a long way. And you've just signed up. Bugger. But never fear, you are not alone. The Grit Doctor is back with a vengeance and she's determined to whip you into shape. With THE RUN FAT BITCH RUN MARATHON PLAN you'll . . . \* Find the MOTIVATION to transform yourself from casual jogger to elite (ish) athlete \* Create simple TRAINING plans to help you increase distance, stamina and speed \* Cook fuss-free, tasty food which will provide all the NUTRITION your aching body needs 26 miles? BRING IT ON. Plus: race-day strategies, useful resources, fundraising tips and plenty of The Grit Doctor's trademark honesty, humour and tough-love.

From Machu Picchu to a cocaine purchase in a Bolivian jail—and beyond! How do you rough it in extreme South American travels and still dare to be different? *You Can Run: Gay, Glam, and Gritty Travels in South America* follows the intrepid and fantastic—and totally true—adventures of flamboyant gay men through the gritty rough and tough of South America. Author Jesse Archer and his American boyfriend Zane spent nearly two years traveling the continent in search of adventure. And find it they did. Discover incredible individuals like Patricia the pink lady, the Wolfman of Borneo, and Santusa the fanged Chola of a different color. Thrill to the astounding experiences of dodging crocodiles, doing a striptease for a Colombian bathroom bitch, admiring exultant transsexuals caught in a rainstorm, and navigating the most dangerous road in the world. This wild travel chronicle takes you through the real South America with wit, wisdom—and a hot pink wig! An excerpt from *You Can Run*: Gerardo runs off to buy the meat for baiting piranha and then we're in his tin boat out on the choppy Amazon. The humidity and heat on the earth's surface here seems to bounce back into the sky and burst, returning a downpour of rain. Luckily Gerardo's tin can has a roof. Yet for some reason we aren't headed to the jungle, but downriver to a shantytown along the bank. I ask where we are going and Gerardo feebly utters something in Portuguese. I can't make it out. Zane is now convinced I've employed a waterfront gangster. We pull up to a shoddy pier of three planks supported by timbers that rot in the lapping water. "We should have gone with the other one!" Zane decries my flagrant frugality. "See? There's his accomplice." When Gerardo reappears outside the shack with another man Zane announces he hates to be killed with a cheapskate like me. "I'm gonna die, washed up over there with all that trash, my body all white and fat and . . . bloated!" Zane has exercised too much in his life to die bloated. Dying bloated has just become the worst of all fates. Zane gasps earnestly to his active imagination. "Oh God, please not bloated!" *You Can Run* is a funny, piercing, and poignant examination of memorable outcasts in the third world. Follow some of travel's most different adventure seekers—extreme travelers with a lot of sparkle!

Look for Robyn's new book, *The Best of Us*, a story about family, second chances and choosing to live your best life—order your copy today! They've been best friends since seventh grade. But this

summer, teetering on the threshold of thirty, four women are going to need each other more than ever. Cassie has sworn off men after yet another bad date though, deep down, she's still looking for Mr. Right. A long-haired, tattooed biker is definitely not him, so there's no harm in a few Harley rides through Sonoma. Right? Julie married her high school sweetheart too young and now wonders how her life became all about leaky faucets and checkbook balances. Maybe love isn't enough to sustain the perfect couple. Marty's firefighter husband takes her for granted, and with her marriage on the rocks, an old flame begins to look mighty tempting. She's seriously thinking of crossing that line. Beth is a busy doctor trapped in a body that's betrayed her yet again and she's becoming a difficult patient and a secretive friend. She's fighting for her life. Life can change in an instant...or a summer. As these four friends deal with life's challenges, the strength of their bond will see them through. No one delves into the complexities of female friendship better than #1 New York Times bestselling author Robyn Carr.

This fascinating book is the first volume in a projected cultural history of the United States, from the earliest English settlements to our own time. It is a history of American folkways as they have changed through time, and it argues a thesis about the importance for the United States of having been British in its cultural origins. While most people in the United States today have no British ancestors, they have assimilated regional cultures which were created by British colonists, even while preserving ethnic identities at the same time. In this sense, nearly all Americans are "Albion's Seed," no matter what their ethnicity may be. The concluding section of this remarkable book explores the ways that regional cultures have continued to dominate national politics from 1789 to 1988, and still help to shape attitudes toward education, government, gender, and violence, on which differences between American regions are greater than between European nations.

She needed a hero; instead, she got Cade. Cade was no hero. He was a nomad, a wanderer with no ties and he liked it that way. Hired out to save Fat Louise and her spoiled sister from a cartel run Mexican city was a risk he was willing to take, for the right price. With a certain gray eyed woman on his mind, he set's out to find her, fuck her and forget her. No harm, no foul. But it's all easier said than done when it comes to this plain Jane. He expected a biker bitch who knew the rules; instead, he got Fat Louise. Fat Louise wasn't about to put her crew in danger. She had to learn to handle problems on her own, even if they included a six-foot biker she was forced to rely on, if she was going to rescue her sister. She never expected to see Cade again after she'd left Mexico, but all it takes is one night with him to prove that even a bitch's heart can be broken.

Defined as nothing but fat in the real world, Beth Soames specializes in trolling beautiful girls online until two new friendships, one online and one offline, make her question her behavior.

Journalist Mark Manning has been successfully running his family's newspaper, *The Dumont Daily Register*, for several years now, and he sits on the board of two local companies, Quatro Press and Ashton Mills. So when the respective CEOs of these companies discuss a merger, it is only natural that Manning be interested in the proceedings. What's more, Manning's lover Neil, an architect, is designing a new house for Ashton's CEO, Gillian Reece. Reece is a business friend of Manning but not a friend to many else; she is generally considered overly aggressive and fastidious. When Manning assigns Glee Savage, the newspaper's society reporter, to cover Reece's new home, the subsequent meeting between the two does not end well: Savage huffs off in a fury but not before ferociously

bitch slapping Reece in front of everyone. With Reece's cheek still smarting, more bad news comes as the accountant performing due diligence for the merger reports some very questionable items regarding Ashton's books. It seems as though things couldn't go much worse for the unpleasant Reece. That is, until she is murdered. The discovery of her body is greeted with great surprise, but perhaps not much regret on the part of most who knew her. Still, with Manning's friend and employee Glee Savage as the obvious and primary suspect, he cannot resist wading in to this most unsound of business dealings.

The Grit Doctor is one tough task-mistress ... First she instructed us to lace up our trainers in RUN FAT BITCH RUN Then she told us to clear the clutter in GET YOUR SHIT TOGETHER Now she is ordering us to CUT THE CRAP and get real with our eating habits Should you go gluten free? Does detoxing work? What exactly is a superfood? Does healthy eating have to involve obscure ingredients and complex recipes? If you're confused by increasingly complicated - and contradictory - nutritional advice, it's time to call in Ruth Field and her formidable alter-ego, The Grit Doctor. With her familiar tough-love style and wicked sense of humour, The Grit Doctor will demystify and simplify healthy eating, enabling readers to see past the bullshit and make practical and tasty choices for themselves and their families. Cutting the crap is just as much about eliminating unhelpful and unhealthy pseudo-science as it is about reducing your waistline. In CUT THE CRAP, Ruth Field will empower readers to ditch faddy diets for good and instead embrace a realistic, sustainable and enjoyable healthy eating plan. This isn't a diet, it's a way of life.

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

A long forgotten Boston scandal involving Sarah Slade, a young debutante, and her Buenos Aires lover resurfaces when Quinn befriends a blonde shoplifter who turns out to be Sarah. By the author of *The Handmaid of Desire* and *The Shrine at Altamira*. Reprint.

"In this bold new book, Tovar eviscerates diet culture, proclaims the joyous possibilities of fatness, and shows us that liberation is possible." —Sarai Walker, author of *Dietland* Growing up as a fat girl, Virgie Tovar believed that her body was something to be fixed. But after two decades of dieting and constant guilt, she was over it—and gave herself the freedom to trust her own body again. Ever since, she's been helping others to do the same. Tovar is hungry for a world where bodies are valued equally, food is free from moral judgment, and you can jiggle through life with respect. In concise and candid language, she delves into unlearning fatphobia, dismantling sexist notions of fashion, and how to reject diet culture's greatest lie: that fat people need to wait before beginning their best lives. "This book feels like spending a margarita-soaked day at the beach with your smartest friend. Virgie Tovar shares juicy secrets and makes revolutionary ideas viscerally accessible. You'll be left enlightened, inspired, happier, and possibly angrier than when you started." —Joy Nash, actress "Tovar is a vital voice in contemporary activism, media, and feminism. The joy she takes in her own body and life, combined with the righteous anger she expresses at an oppressive world is a truly radical act. She is deeply thoughtful, but does not equivocate. She confronts bigotry, but does not engage with bullshit." —Kelsey Miller, author of *Big Girl* "Long-time body positive writer, speaker and activist Virgie Tovar is gifting brown round girls the book we've been hungry for."

—Mitú

When his estranged childhood best friend Emir Shah joins his team, star goalie Sebastian Hughes must reconnect with the one guy who hates him. But to Sebastian's surprise, sweaty days on the pitch, wandering the town, and bonding on the weekends sparks more than just friendship between them.

"Rae Carson has proved she's a master and has shaken up the YA genre."—USAToday.com The first book in Rae Carson's award-winning and New York Times–bestselling trilogy! *The Girl of Fire and Thorns* is a sweeping journey full of adventure, sorcery, heartbreak, and power. Fans of George R. R. Martin's *Game of Thrones* and Leigh Bardugo's *Grishaverse* will devour this fantasy series. Once a century, one person is chosen for greatness. Elisa is the chosen one. But she has always felt powerless, useless. Now, on her sixteenth birthday, she has become the secret wife of a handsome and worldly king—a king whose country is in turmoil. A king who needs her to be the chosen one, not a failure of a princess. And he's not the only one who seeks her. Fierce enemies, seething with dark magic, are hunting her. A daring, determined revolutionary thinks she could be his people's savior. Soon it is not just her life, but her very heart that is at stake. Elisa could be everything to those who need her most. If the prophecy is fulfilled. If she finds the power deep within herself. If she doesn't die young. Most of the chosen do. William C. Morris YA Debut Award Finalist YALSA Best Fiction for Young Adults Top Ten Pick Andre Norton Award Finalist A Texas Tayshas Selection Ohioana Book Award YA winner Don't miss *The Empire of Dreams*, Rae Carson's action-packed return to the world of *The Girl of Fire and Thorns*!

"Wonderful—suspense and surprises, real characters, and a scary, ominous backbeat. This feels like the book Jackson was born to write." —Lee Child, New York Times bestselling author Named a Best Book by USA Today • People • The Wall Street Journal • Time • Entertainment Weekly • Bustle • and many more! From New York Times bestselling author Joshilyn Jackson, a twisting novel of domestic suspense in which a group of women play a harmless drinking game that escalates into a war of dark pasts In this game, even winning can be deadly... Amy Whey is proud of her ordinary life and the simple pleasures that come with it—teaching diving lessons, baking cookies for new neighbors, helping her best friend, Charlotte, run their local book club. Her greatest joy is her family: her devoted professor husband, her spirited fifteen-year-old stepdaughter, her adorable infant son. And, of course, the steadfast and supportive Charlotte. But Amy's sweet, uncomplicated life begins to unravel when the mysterious and alluring Angelica Roux arrives on her doorstep one book club night. Sultry and magnetic, Roux beguiles the group with her feral charm. She keeps the wine flowing and lures them into a game of spilling secrets. Everyone thinks it's naughty, harmless fun. Only Amy knows better. Something wicked has come her way—a she-devil in a pricey red sports car who seems to know the terrible truth about who she is and what she once did. When they're alone, Roux tells her that if she doesn't give her what she asks for, what she deserves, she's going to make Amy pay for her sins. One way or another. To protect herself and her family and save the life she's built, Amy must beat the devil at her own clever game, matching wits with Roux in an escalating war of hidden pasts and unearthed secrets. Amy knows the consequences if she can't beat Roux. What terrifies her is everything she could lose if she wins. A diabolically entertaining tale of betrayal, deception, temptation, and love filled with dark twists leavened by Joshilyn Jackson's trademark humor,

Never Have I Ever explores what happens when the transgressions of our past come back with a vengeance.

Seven stunning stories of speculative fiction by the author of *A Boy and His Dog*. In a post-apocalyptic world, four men and one woman are all that remain of the human race, brought to near extinction by an artificial intelligence. Programmed to wage war on behalf of its creators, the AI became self-aware and turned against humanity. The five survivors are prisoners, kept alive and subjected to brutal torture by the hateful and sadistic machine in an endless cycle of violence. This story and six more groundbreaking and inventive tales that probe the depths of mortal experience prove why Grand Master of Science Fiction Harlan Ellison has earned the many accolades to his credit and remains one of the most original voices in American literature. *I Have No Mouth and I Must Scream* also includes “Big Sam Was My Friend,” “Eyes of Dust,” “World of the Myth,” “Lonelyache,” Hugo Award finalist “Delusion for a Dragon Slayer,” and Hugo and Nebula Award finalist “Pretty Maggie Moneyeyes.”

A tough-love exercise programme for the terminally unmotivated. When all else has failed, RUN!

This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health. Hanne Blank—a fellow plus-size girl who’s been there and has the worn-out sports bras to show for it—will help you discover activity that works for you no matter what your size or current fitness level. Whether you choose to do yoga, pump iron, walk your dog, play Wii Fit, hire a personal trainer, or just run errands by bicycle, Hanne will provide specifically tailored advice on:

- Finding movement that feels great, physically and emotionally
- Choosing a gym
- Facing the trail, pool, park, or locker room
- Overcoming fear and shame
- Sourcing plus-size workout gear
- Getting the nutrition you need and avoiding common injuries
- Fighting fat prejudice and uninvited comments

Featuring incendiary acts like “Flail proudly,” and “Claim the right to be unattractive (just like anybody else),” Hanne serves up years of hard-won fitness advice with humor and self-acceptance. With motivating lists like “30 Things to Love About Exercise (None of Which Have Anything to Do with Your Weight, Your Size, or What You Look Like),” this call to action will get you up and moving in no time!

“One of my favorite authors.”—Colleen Hoover An insightful, delightful, instant #1 New York Times bestseller from the author of *Beach Read* and *People We Meet on Vacation*. Named a Most Anticipat-

ed Book of 2022 by Oprah Daily • Today • Parade • Marie Claire • Bustle • PopSugar • Katie Couric Media • Book Bub • SheReads • Medium • The Washington Post • and more! One summer. Two rivals. A plot twist they didn't see coming... Nora Stephens' life is books—she’s read them all—and she is not that type of heroine. Not the plucky one, not the laidback dream girl, and especially not the sweetheart. In fact, the only people Nora is a heroine for are her clients, for whom she lands enormous deals as a cutthroat literary agent, and her beloved little sister Libby. Which is why she agrees to go to Sunshine Falls, North Carolina for the month of August when Libby begs her for a sisters’ trip away—with visions of a small town transformation for Nora, who she’s convinced needs to become the heroine in her own story. But instead of picnics in meadows, or run-ins with a handsome country doctor or bulging-forearmed bartender, Nora keeps bumping into Charlie Lastra, a bookish brooding editor from back in the city. It would be a meet-cute if not for the fact that they’ve met many times and it’s never been cute. If Nora knows she’s not an ideal heroine, Charlie knows he’s nobody’s hero, but as they are thrown together again and again—in a series of coincidences no editor worth their salt would allow—what they discover might just unravel the carefully crafted stories they’ve written about themselves.

NATIONAL BESTSELLER • The astonishing and hugely entertaining story that completely changed the way we run. An epic adventure that began with one simple question: Why does my foot hurt? “Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run.” —Outside Magazine Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America’s best ultra-runners against the tribe. McDougall’s incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run. Look for *Born to Run 2*, coming in December!

A young woman in the advertising world in New York City knows all the terminology of the New York scene. Her problem is that she is overweight and her personal and professional life are influenced by her weight and appearance. She wins and loses professional positions and boyfriends.