



# Southeast Steuben County Library New Digital Catalog Titles 5 11 16

Note: Items for the Digital Catalog are purchased by all Southern Tier Library System member libraries. The items on this list are only the items that our library has purchased this month.

#### **Audiobooks:**

All the Single Ladies: Unmarried Women and the Rise of an Independent Nation by Rebecca Traister:

A nuanced investigation into the sexual, economic, and emotional lives of women in America, this "singularly triumphant work" (Los Angeles Times) by Rebecca Traister "the most brilliant voice on feminism in the country" (Anne Lamott) is "sure to be vigorously discussed" (Booklist, starred review).

In 2009, the award-winning journalist Rebecca Traister started All the Single Ladies—a book she thought would be a work of contemporary journalism—about the twenty-first century phenomenon of the American single woman. It was the year the proportion of American women who were married dropped below fifty percent; and the median age of first marriages, which had remained between twenty and twenty-two years old for nearly a century (1890–1980), had risen dramatically to twenty-seven.

But over the course of her vast research and more than a hundred interviews with academics and social scientists and prominent single women, Traister discovered a startling truth: the phenomenon of the single woman in America is not a new one. And historically, when women were given options beyond early heterosexual marriage, the results were massive social change—temperance, abolition, secondary education, and more.

Today, only twenty percent of Americans are wed by age twenty-nine, compared to nearly sixty percent in 1960. The Population Reference Bureau calls it a "dramatic reversal." All the Single Ladies is a remarkable portrait of contemporary American life and how we got here, through the lens of the single American woman. Covering class, race, sexual orientation, and filled with vivid anecdotes from fascinating contemporary and historical figures, All the Single Ladies is destined to be a classic work of social history and journalism. Exhaustively researched, brilliantly balanced, and told with Traister's signature wit and insight, this book should be shelved alongside Gail Collins's When Everything Changed.

Another Man's Moccasins, Walt Longmire Mystery Series, Book 4 by Craig Johnson: A murder victim might connect to Walt's past in the fourth novel from the New York Times bestselling author of the Longmire series,

When the body of a young Vietnamese woman is discovered alongside the interstate in Wyoming's Absaroka County, Sheriff Walt Longmire finds only one suspect, Virgil White Buffalo, a Crow with a troubling past. In what begins as an open-and-shut case, Longmire gets a lot more than he bargained for when a photograph in the young woman's purse connects her to an investigation that Longmire tackled forty years ago as a young Marine investigator in Vietnam.

In the fourth book in Craig Johnson's award-winning Walt Longmire series, the though yet tender sheriff is up to his star in a pair of murders connected by blood, yet separated by forty haunted years.

Becoming Grandma: The Joys and Science of the New Grandparenting by Lesley Stahl: After four decades as a reporter, Lesley Stahl's most vivid and transformative experience of her life was not covering the White House, interviewing heads of state, or researching stories at 60 Minutes. It was becoming a grandmother. She was hit with a jolt of joy so intense and unexpected, she wanted to "investigate" it—as though it were a news flash. And so, using her 60 Minutes skills, she explored how grandmothering changes a woman's life, interviewing friends like Whoopi Goldberg, colleagues like Diane Sawyer (and grandfathers, including Tom Brokaw), as well as the proverbial woman next door.

Along with these personal accounts, Stahl speaks with scientists and doctors about physiological changes that occur in women when they have grandchildren; anthropologists about why there are grandmothers, in evolutionary terms; and psychiatrists about the therapeutic effects of grandchildren on both grandmothers and grandfathers.

Throughout Becoming Grandma, Stahl shares stories about her own life with granddaughters Jordan and Chloe, about how her relationship with her daughter, Taylor, has changed, and about how being a grandfather has affected her husband, Aaron.

In an era when baby boomers are becoming grandparents in droves and when young parents need all the help they can get raising their children, Stahl's book is a timely and affecting read that redefines a cherished relationship.

The Evening Spider: A Novel by Emily Arsenault: A gripping blend of psychological suspense and historical true crime, this riveting novel—inspired by a sensational real-life murder from the 1800s—by critically acclaimed author Emily Arsenault delivers a heart-stopping mystery linking two young mothers from different centuries.

Frances Barnett and Abby Bernacki are two haunted young mothers living in the same house in two different centuries.

1885: Frances Barnett is in the Northampton Lunatic Hospital, telling her story to a visitor. She has come to distrust her own memories, and believes that her pregnancy, birth, and early days of motherhood may have impaired her sanity.

During the earliest months of her baby's life, Frances eagerly followed the famous murder trial of Mary Stannard—that captivated New Englanders with its salacious details and expert forensic testimony. Following—and even attending—this trial, Frances found an escape from the monotony of new motherhood. But as her story unfolds, Frances must admit that her obsession with the details of the murder were not entirely innocent.

Present day: Abby has been adjusting to motherhood smoothly—until recently, when odd sensations and dreams have begun to unsettle her while home alone with her baby. When she starts to question the house's history, she is given the diary of Frances Barnett, who lived in the house 125 years earlier. Abby finds the diary disturbing, and researches the Barnett family's history. The more Abby learns, the more she wonders about a negative—possibly supernatural—influence in her house. She becomes convinced that when she sleeps, she leaves her daughter vulnerable—and then vows not to sleep until she can determine the cause of her eerie experiences.

Frances Barnett might not be the only new mother to lose her mind in this house. And like Frances, Abby discovers that by trying to uncover another's secrets, she risks awakening some of her own.

Kindness Goes Unpunished: Walt Longmire Mystery Series, Book 3 by Craig Johnson: Walt brings Westernstyle justice to Philadelphia in this action-packed thriller from the New York Times bestselling author of Dry Bones, the third in the Longmire Mystery Series, the basis for LONGMIRE, the hit drama series now on Netflix Walt Longmire has been Sheriff of Absaroka County, Wyoming, for almost a quarter of a century, but when he joins his good friend Henry Standing Bear on a trip to the City of Brotherly Love to see his daughter, Cady, he's in for a shock. Walt hasn't even put his boots up when Cady is viciously attacked and left near death on the steps of the Franklin Institute. He soon discovers that she has unwittingly become involved in a deadly political cover-up. Backed by Henry, Dog, Deputy Victoria Moretti, and the entire Moretti posse of Philadelphia police officers, Walt unpacks his saddlebag of tricks to mete out some Western-style justice.

Partners: A Rogue Lawyer Short Story by John Grisham: JOHN GRISHAM'S FIRST ORIGINAL E-SHORT In this standalone prequel to his #1 bestseller ROGUE LAWYER, John Grisham tells the story of how Sebastian Rudd finally found someone he could trust to be his driver, bodyguard, law clerk, and partner.

Sebastian Rudd, rogue lawyer, defends people other lawyers won't go near. It's controversial and dangerous

work, which is why Sebastian needs his bodyguard/assistant/sidekick: Partner. So if Sebastian is just about the most unpopular lawyer in town, why is Partner so loyal to him? How did they meet? And what's the real story of this man of few words who's as good with a gun as he is with the law? The surprising answers are all in PARTNERS, John Grisham's first exclusively digital short story.

Return of the Witch: Shadow Chronicles, Book 4 by Paula Brackston: Paula Brackston's debut novel, The Witch's Daughter, was the little book that could--with a captivating story, remarkable heroine, and eyecatching package, it has now netted over 200,000 copies in all formats. Now Paula returns with its sequel The Return of the Witch, another bewitching tale of love and magic, featuring her signature blend of gorgeous writing, a fabulous and intriguing historical backdrop, and a headstrong and relatable heroine readers will cheer for.

After five years in the Summerlands, Gideon has gained his freedom. Elizabeth knows he will go straight for Tegan, and that she must protect the girl she had come to regard as her own daughter. In the time since she the dramatic night in Batchcombe woods, Tegan has traveled the world learning from all manner of witches, and she is no longer the awkward teenager and novice spellcaster she once was. However, her skills are no match for Gideon's dark, vengeful power, and he succeeds in capturing her. Will Elizabeth be able to find her? Will they be able to defeat their nemesis once and for all?

In a breathless journey that takes them through history to the 17th and 19th centuries, witch pursues warlock. Three people steeped in magic weave a new story, but not all will survive until the end.

Shards of Honor: Cordelia Naismith Series, Book 1 by Lois McMaster Bujold: The point of conflict is clear and straightforward: the democratic Betans versus the ultra-militaristic Barrayarans. At least that's what biologist Cordelia Naismith, heroine of Shards of Honor, believes. But when she's stranded on an unexplored planet - at the mercy of Aral Vorkosigan, the very Barrayaran she's been taught to despise - she discovers that the truth has become crudely twisted. And when Vorkosigan, himself the victim of a politically inspired mutiny, tries to draw Cordelia into the struggle against his culture's fascistic military elite, she has to make a choice. A choice that will mean betrayal, no matter which side she's on. In THE WARRIOR'S APPRENTICE, Cordelia's son, Miles, depressed and angry after failing the physical entrance exams to military training school, decides to take a long vacation - and inadvertently falls into a deal well suited to his abilities and sense of adventure. He buys a starship, contracts to smuggle contraband into a war zone - and without quite meaning to, he finds himself a far-too-active.

#### E-Books:

**Alexander Hamilton by Ron Chernow:** A New York Times Bestseller, and the inspiration for the hit Broadway musical Hamilton!

Pulitzer Prize-winning author Ron Chernow presents a landmark biography of Alexander Hamilton, the Founding Father who galvanized, inspired, scandalized, and shaped the newborn nation.

In the first full-length biography of Alexander Hamilton in decades, Ron Chernow tells the riveting story of a man who overcame all odds to shape, inspire, and scandalize the newborn America. According to historian Joseph Ellis, Alexander Hamilton is "a robust full-length portrait, in my view the best ever written, of the most brilliant, charismatic and dangerous founder of them all."

Few figures in American history have been more hotly debated or more grossly misunderstood than Alexander Hamilton. Chernow's biography gives Hamilton his due and sets the record straight, deftly illustrating that the political and economic greatness of today's America is the result of Hamilton's countless sacrifices to champion ideas that were often wildly disputed during his time. "To repudiate his legacy," Chernow writes, "is, in many ways, to repudiate the modern world." Chernow here recounts Hamilton's turbulent life: an illegitimate, largely self-taught orphan from the Caribbean, he came out of nowhere to take America by storm, rising to become George Washington's aide-de-camp in the Continental Army, coauthoring The Federalist Papers, founding the Bank of New York, leading the Federalist Party, and becoming the first Treasury Secretary of the United States. Historians have long told the story of America's birth as the triumph of Jefferson's democratic ideals over the aristocratic intentions of Hamilton. Chernow presents an entirely different man, whose legendary ambitions were motivated not merely by self-interest but by passionate patriotism and a stubborn will to build the foundations of American prosperity and power. His is a Hamilton far more human than we've encountered before—from his shame about his birth to his fiery aspirations, from his intimate relationships with childhood friends to his titanic feuds with Jefferson, Madison, Adams, Monroe, and Burr, and from his highly public affair with Maria Reynolds to his loving marriage to his loyal wife Eliza. And never before has there been a more vivid account of Hamilton's famous and mysterious death in a duel with Aaron Burr in July of 1804.

Chernow's biography is not just a portrait of Hamilton, but the story of America's birth seen through its most central figure. At a critical time to look back to our roots, Alexander Hamilton will remind readers of the purpose of our institutions and our heritage as Americans.

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triumphant work" (Los Angeles Times) by Rebecca Traister "the most brilliant voice on feminism in the country" (Anne Lamott) is "sure to be vigorously discussed" (Booklist, starred review).

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**Awakening: Guardians Series, Book 1 by Samantha Long:** When Sophie moves to Boston to get away from the people who ridiculed her for her psychic talents, she wants to start fresh. But when a demon attacks her study group at the library, she has no choice but to reveal her abilities to warn the others.

She learns the attacks won't stop until she's dead. To stay alive she joins forces with the other students and a secret society that has battled the demons for centuries.

The last thing she wants to do is be a pawn in the war between good and evil. When her visions start showing events from a past life, she can't ignore the connections it shows. She has no choice but to acknowledge the bonds that tie her to the other students, even if some of them refuse, to have the strength to defeat the demon that hunts them down.

Will she survive long enough to stop the demons from destroying everything and everyone she loves?

**Bad Feminist: Essays by Roxane Gay:** New York Times Bestseller. A collection of essays spanning politics, criticism, and feminism from one of the most-watched young cultural observers of her generation, Roxane Gay.

"Pink is my favorite color. I used to say my favorite color was black to be cool, but it is pink—all shades of pink. If I have an accessory, it is probably pink. I read Vogue, and I'm not doing it ironically, though it might seem that way. I once live-tweeted the September issue."

In these funny and insightful essays, Roxane Gay takes us through the journey of her evolution as a woman (Sweet Valley High) of color (The Help) while also taking readers on a ride through culture of the last few years (Girls, Django in Chains) and commenting on the state of feminism today (abortion, Chris Brown). The portrait that emerges is not only one of an incredibly insightful woman continually growing to understand herself and our society, but also one of our culture.

Bad Feminist is a sharp, funny, and spot-on look at the ways in which the culture we consume becomes who we are, and an inspiring call-to-arms of all the ways we still need to do better.

Becoming Grandma: The Joys and Science of the New Grandparenting by Lesley Stahl: After four decades as a reporter, Lesley Stahl's most vivid and transformative experience of her life was not covering the White House, interviewing heads of state, or researching stories at 60 Minutes. It was becoming a grandmother. She was hit with a jolt of joy so intense and unexpected, she wanted to "investigate" it—as though it were a news flash. And so, using her 60 Minutes skills, she explored how grandmothering changes a woman's life, interviewing friends like Whoopi Goldberg, colleagues like Diane Sawyer (and grandfathers, including Tom Brokaw), as well as the proverbial woman next door.

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**Bitter Spirits: Roaring Twenties Series, Book 1 by Jenn Bennett:** It's the roaring twenties, and San Francisco is a hotbed of illegal boozing, raw lust, and black magic. The fog-covered Bay Area can be an intoxicating scene, particularly when you specialize in spirits...

Aida Palmer performs a spirit medium show onstage at Chinatown's illustrious Gris-Gris speakeasy. However, her ability to summon (and expel) the dead is more than just an act.

Winter Magnusson is a notorious bootlegger who's more comfortable with guns than ghosts—unfortunately for him, he's the recent target of a malevolent hex that renders him a magnet for hauntings. After Aida's supernatural assistance is enlisted to banish the ghosts, her spirit-chilled aura heats up as the charming bootlegger casts a different sort of spell on her...

On the hunt for the curseworker responsible for the hex, Aida and Winter become drunk on passion. And the closer they become, the more they realize they have ghosts of their own to exorcise...

Blackberry Pie Murder: Hannah Swensen Mystery Series, Book 17 by Joanne Fluke: It's been a sleepy summer for the folks of Lake Eden, Minnesota. In fact, it's been a whole four months since anyone in the Swensen family has come across a dead body—a detail that just made the front page of the local paper. And that means Hannah Swensen can finally focus on her bakery. . .or can she?

**Blueberry Muffin Murder: Hannah Swensen Mystery Series, Book 3 by Joanne Fluke:** Bakery owner Hannah Swensen is back--and the cookies are crumbling--as acclaimed author Joanne Fluke serves readers another helping of murder, mayhem, and mouthwatering mystery. . .

**Boy, Snow, Bird: A Novel by Helen Oyeyemi:** From the prizewinning author of What Is Not Yours Is Not Yours, coming March 2016, the Snow White fairy tale brilliantly recast as a story of family secrets, race, beauty, and vanity.

In the winter of 1953, Boy Novak arrives by chance in a small town in Massachusetts looking, she believes, for beauty—the opposite of the life she's left behind in New York. She marries Arturo Whitman, a local widower, and becomes stepmother to his winsome daughter, Snow.

A wicked stepmother is a creature Boy never imagined she'd become, but elements of the familiar tale of aesthetic obsession begin to play themselves out when the birth of Boy's daughter, Bird, who is dark-skinned, exposes the Whitmans as light-skinned African-Americans passing for white. And even as Boy, Snow, and Bird are divided, their estrangement is complicated by an insistent curiosity about one another. In seeking an understanding that is separate from the image each presents to the world, Boy, Snow, and Bird confront the tyranny of the mirror to ask how much power surfaces really hold.

Dazzlingly inventive and powerfully moving, Boy, Snow, Bird is an astonishing and enchanting novel. With

breathtaking feats of imagination, Helen Oyeyemi confirms her place as one of the most original and dynamic literary voices of our time.

Chocolate Chip Cookie Murder: Hannah Swensen Mystery Series, Book 1 by Joanne Fluke: Discover The Delicious Mystery That Started It All!

No one cooks up a delectable, suspense-filled mystery quite like Hannah Swensen, Joanne Fluke's dessert-baking, red-haired heroine whose gingersnaps are as tart as her comebacks, and whose penchant for solving crimes--one delicious clue at a time--has made her a bestselling favorite. And it all began on these pages, with a bakery, a murder, and some suddenly scandalous chocolate-chip crunchies. Featuring a bonus short story and brand new, mouthwatering recipes, this new edition of the very first Hannah Swensen mystery is sure to have readers coming back for seconds. . .

Hannah already has her hands full trying to dodge her mother's attempts to marry her off while running The Cookie Jar, Lake Eden's most popular bakery. But once Ron LaSalle, the beloved delivery man from the Cozy Cow Dairy, is found murdered behind her bakery with Hannah's famous Chocolate Chip Crunchies scattered around him, her life just can't get any worse. Determined not to let her cookies get a bad reputation, she sets out to track down a killer. But if she doesn't watch her back, Hannah's sweet life may get burned to a crisp.

The Complete Book of Japanese Cooking by Elisabeth Lambert Ortiz: Bring the authentic cuisine of Japan to your own home with these master recipes that highlight the elegant simplicity of Japanese cuisine. Every aspect of Japanese cooking is here in an easy-to-follow format: soups, rice, sushi, tempura, noodles, sukiyaki, teriyaki, noodles, pickles, desserts, beverages and more.

In addition to recipes The Complete Book of Japanese Cooking includes menu plans and a complete glossary of Japanese cooking terms and methods. An informative introduction explains the traditions of Japanese cuisine and line drawings illustrate precisely how Japanese foods are prepared, what special ingredients look like, and the proper culinary equipment to use in their preparation. This is the cookbook for anyone who enjoys the simple, fresh and beautifully presented foods of Japan, and is the ideal introduction for those who have yet to taste its delights.

Cooked: Finding Ourselves in the Kitchen by Michael Pollan: \*\*Now a docu-series streaming on Netflix, starring Pollan as he explores how cooking transforms food and shapes our world. Oscar-winning filmmaker Alex Gibney executive produces the four-part series based on Pollan's book, and each episode will focus on a different natural element: fire, water, air, and earth. \*\*

In Cooked, Michael Pollan explores the previously uncharted territory of his own kitchen. Here, he discovers

the enduring power of the four classical elements—fire, water, air, and earth—to transform the stuff of nature into delicious things to eat and drink. Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer.

Each section of Cooked tracks Pollan's effort to master a single classic recipe using one of the four elements. A North Carolina barbecue pit master tutors him in the primal magic of fire; a Chez Panisse—trained cook schools him in the art of braising; a celebrated baker teaches him how air transforms grain and water into a fragrant loaf of bread; and finally, several mad-genius "fermentos" (a tribe that includes brewers, cheese makers, and all kinds of picklers) reveal how fungi and bacteria can perform the most amazing alchemies of all. The reader learns alongside Pollan, but the lessons move beyond the practical to become an investigation of how cooking involves us in a web of social and ecological relationships. Cooking, above all, connects us.

The effects of not cooking are similarly far reaching. Relying upon corporations to process our food means we consume large quantities of fat, sugar, and salt; disrupt an essential link to the natural world; and weaken our relationships with family and friends. In fact, Cooked argues, taking back control of cooking may be the single most important step anyone can take to help make the American food system healthier and more sustainable. Reclaiming cooking as an act of enjoyment and self-reliance, learning to perform the magic of these everyday transformations, opens the door to a more nourishing life.

Cosmo Red-Hot Reads Box Set: Cake\Fearless\Naked Sushi\Everything You Need to Know by Lauren Dane, Tawny Weber, Jina Bacarr & Helenkay Dimon: Handle with Care: These books sizzle! Red-Hot Reads are fast-paced romances featuring the Cosmo fun, fearless female and a super sexy hero, and are sprinkled with sparkling dialogue, real-life situations and hot sex. These bite-size stories can be read in an evening and are written by today's bestselling authors.

From New York Times bestselling author Lauren Dane comes CAKE—a delicious romance where one taste will never be enough. USA TODAY bestseller Tawny Weber kicks off a trilogy when her heroine, after the ultimate makeover, is no longer content to let what happens in Vegas stay in Vegas. HelenKay Dimon's savvy heroine runs a website that rates the dating prowess of Washington's movers and shakers. When her latest assignment brings her face-to-face with the sexy but mysterious Forest Redder, Jordan decides to do a little "hands-on" research of her own. In Jina Bacarr's NAKED SUSHI our geek girl heroine lives out every woman's fantasy when she finds herself alone late one night at the office with the hot repair guy... And that's Chapter One!

CAKE by Lauren Dane: From New York Times bestselling author Lauren Dane comes the latest release from Cosmo Red-Hot Reads from Harlequin.

She won't be satisfied with just one bite....

Art student-slash-bike messenger Wren Davis pursues what she wants. And what she wants now is Gregori Ivanov, rock star of the Seattle art scene. With his tattoos, piercings and sensual sneer, Gregori is the ultimate bad boy. Wren's gotten to know the man beneath the body art, too--and it only makes her crave him more.

But Gregori loves women like he loves cake and champagne--intensely, but only for the moment. And after Wren experiences just how scorching sex with Gregori is, she's determined to show him that just one taste won't be enough...

**FEARLESS by Tawny Weber:** Promising career: check. Amazing apartment: check. The best of friends: check. Sex life: MIA.

There's just one thing missing from Gia Renyard's life: sexual adventure. And the one man she'd like to have it with is her hot coworker, Luke Monroe. If only company rules didn't prohibit her from asking him out.... So Gia comes up with a plan: make herself over into a fantasy seductress, follow Luke to a convention in Sin City, and have her way with him for one erotic weekend. The man will never even know who did him.

Everything is going according to plan - until Gia discovers that Luke is perfect for her outside the bedroom, too. And suddenly she's no longer content to let what happens in Vegas stay in Vegas....

**EVERYTHING YOU NEED TO KNOW by HelenKay Dimon:** Welcome to Need to Know—Because a Woman Can't Be Too Informed.

Dating in D.C. is like navigating an apocalyptic wasteland populated by men in expensive suits with zero mating potential. Need to Know provides all the information a savvy single woman like you needs to avoid dating disasters.

By night, Jordan McAdam is the proprietor of a popular website that rates D.C.'s hottest bachelors—everything from how quick they are to email you back, to their skills in the sack. She's been burned once too often to accept any man at face value. By day, her job as an office temp puts her in the perfect position to do a little fact-checking on her rich and powerful subjects. When her latest assignment brings her face-to-face with the sexy but mysterious Forest Redder, Jordan decides to do a little "hands-on" research of her own. To Jordan, he seems like the perfect man—but she knows there is no such thing. Moreover, there's a big problem: Forest knows Jordan's the woman behind the scandalous site—and Jordan knows he knows. Will he expose her secret—or find his own posted on Need to Know?

**Demons: Eirik Trilogy, Book 1 by Ednah Walters:** Demons continues the Runes series by USA Today bestselling author Ednah Walters. What happened to Eirik after he left his friends on Earth and went to Hel? Eirik Baldurson—son of Baldur, God of Light—failed living as a Mortal. He lost the girl of his dreams and nearly got his friends killed. Now, he's gone to the underworld to meet the mother he's never known. Torn between his duty to her and the man he used to be, Eirik struggles to find himself, until a witch appears in his world. Feisty and stubborn, she is a reminder of everything good he left behind.

Celestia Devereaux proudly attends a charter high school for "gifted" teenagers who embrace magic. Witches. However, she keeps a terrible secret—a prediction that she would one day be responsible for massive destruction and death. Though Celestia uses her clairvoyant abilities to help people, she worries that it is just a matter of time before she goes over to the dark side.

Her world changes when she unexpectedly astral projects to a place she didn't believe existed and meets a tortured man who needs her help. Will helping him cause her fears to come true, or will he sacrifice everything to save her?

**Earth Kingdom Chronicles Collection by Nickelodeon Publishing:** This deluxe 559-page chapter book collection features five favorite Avatar tales! Boys and girls ages 6 to 10 will love these adventurous stories!

The Evening Spider: A Novel by Emily Arsenault: A gripping blend of psychological suspense and historical true crime, this riveting novel—inspired by a sensational real-life murder from the 1800s—by critically acclaimed author Emily Arsenault delivers a heart-stopping mystery linking two young mothers from different centuries.

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1885: Frances Barnett is in the Northampton Lunatic Hospital, telling her story to a visitor. She has come to distrust her own memories, and believes that her pregnancy, birth, and early days of motherhood may have impaired her sanity.

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Frances Barnett might not be the only new mother to lose her mind in this house. And like Frances, Abby discovers that by trying to uncover another's secrets, she risks awakening some of her own.

The Fallout: Guardians Series, Book 2 by Lola St. Vil: Just because she has wings, doesn't mean she's an Angel...

It's front page news on every Angel gossip rag: "Marcus & Ameana: Gone The Way Of "Brad & Jennifer." So, Who Is The "Angelina?" Emmy Baxter—a mere mortal!"

Ameana tries to avoid her ex and his new love by focusing on the other evil out to destroy the team. But soon her pain turns to fury. And before the end...a girl plots revenge, a leader is on the edge, and an Angel falls.

**The Girl: Guardians Series, Book 1 by Lola St. Vil:** A human he can't stop wanting. An Angel she can't live without. A love fated to end the world...

"Marcus, choose me. Choose the path that is perilous and leads to certain annihilation because it's also the path that leads to me. They can't understand that we are powerless to stop what we have for each other. But we know. We know that if we don't bend to the will of this love, it will break us..."

The Goblin Emperor by Katherine Addison: The youngest, half-goblin son of the Emperor has lived his entire life in exile, distant from the Imperial Court and the deadly intrigue that suffuses it. But when his father and three sons in line for the throne are killed in an "accident," he has no choice but to take his place as the only surviving rightful heir.

Entirely unschooled in the art of court politics, he has no friends, no advisors, and the sure knowledge that whoever assassinated his father and brothers could make an attempt on his life at any moment. Surrounded by sycophants eager to curry favor with the naïve new emperor, and overwhelmed by the burdens of his new life, he can trust nobody. Amid the swirl of plots to depose him, offers of arranged marriages, and the specter of the unknown conspirators who lurk in the shadows, he must quickly adjust to life as the Goblin Emperor. All the while, he is alone, and trying to find even a single friend . . . and hoping for

the possibility of romance, yet also vigilant against the unseen enemies that threaten him, lest he lose his throne—or his life.

Katherine Addison's The Goblin Emperor is an exciting fantasy novel, set against the pageantry and color of a fascinating, unique world, is a memorable debut for a great new talent.

The Gray Man: Court Gentry Series, Book 1 by Mark Greaney: Court Gentry is known as The Gray Man—a legend in the covert realm, moving silently from job to job, accomplishing the impossible, and then fading away. And he always hits his target. But there are forces more lethal than Gentry in the world. And in their eyes, Gentry has just outlived his usefulness. Now, he is going to prove that for him, there's no gray area between killing for a living—and killing to stay alive.

**Grim Shadows: Roaring Twenties Series, Book 2 by Jenn Bennett:** It's the Roaring Twenties in foggy San Francisco. Prohibition is on, inhibitions are low, and dark magic is rolling into town...

Archaeologist Lowe Magnusson is packing something everyone wants. The djed amulet, a priceless Egyptian artifact, will fetch Lowe a hefty paycheck from one of San Francisco's wealthiest. But when the handsome Swede runs into his patron's uptight daughter, what he once considered easy money becomes maddeningly complicated...

Cursed with deadly spirits as her constant companions, curator Hadley Bacall must keep calm to hold her dangerous specters at bay and prevent them from lashing out at anything—or anyone. Trouble is, Lowe is driving her crazy, but her father needs the artifact he's transporting. While Hadley can feel the amulet's power, she can't fathom the destruction—or the desire—it's about to stir up.

**Her: A Memoir by Christa Parravani:** A BLAZINGLY PASSIONATE MEMOIR OF IDENTITY AND LOVE: WHEN A CHARISMATIC AND TROUBLED YOUNG WOMAN DIES TRAGICALLY, HER IDENTICAL TWIN MUST STRUGGLE TO SURVIVE.

Christa Parravani and her identical twin, Cara, were linked by a bond that went beyond siblinghood, beyond sisterhood, beyond friendship. Raised up from poverty by a determined single mother, the gifted and beautiful twins were able to create a private haven of splendor and merriment between themselves and then earn their way to a prestigious college and to careers as artists (a photographer and a writer, respectively) and to young marriages. But, haunted by childhood experiences with father figures and further damaged by being raped as a young adult, Cara veered off the path to robust work and life and in to depression, drugs and a shocking early death.

A few years after Cara was gone, Christa read that when an identical twin dies, regardless of the cause, 50 percent of the time the surviving twin dies within two years; and this shocking statistic rang true to her. "Flip a

coin," she thought," those were my chances of survival." First, Christa fought to stop her sister's downward spiral; suddenly, she was struggling to keep herself alive.

Beautifully written, mesmerizingly rich and true, Christa Parravani's account of being left, one half of a whole, and of her desperate, ultimately triumphant struggle for survival is informative, heart-wrenching and unforgettably beautiful.

Imbeciles: The Supreme Court, American Eugenics, and the Sterilization of Carrie Buck by Adam Cohen: One of America's great miscarriages of justice, the Supreme Court's infamous 1927 Buck v. Bell ruling made government sterilization of "undesirable" citizens the law of the land

New York Times bestselling author Adam Cohen tells the story in Imbeciles of one of the darkest moments in the American legal tradition: the Supreme Court's decision to champion eugenic sterilization for the greater good of the country. In 1927, when the nation was caught up in eugenic fervor, the justices allowed Virginia to sterilize Carrie Buck, a perfectly normal young woman, for being an "imbecile."

It is a story with many villains, from the superintendent of the Dickensian Virginia Colony for Epileptics and Feebleminded who chose Carrie for sterilization to the former Missouri agriculture professor and Nazi sympathizer who was the nation's leading advocate for eugenic sterilization. But the most troubling actors of all were the eight Supreme Court justices who were in the majority – including William Howard Taft, the former president; Louis Brandeis, the legendary progressive; and Oliver Wendell Holmes, Jr., America's most esteemed justice, who wrote the decision urging the nation to embark on a program of mass eugenic sterilization.

Exposing this tremendous injustice—which led to the sterilization of 70,000 Americans—Imbeciles overturns cherished myths and reappraises heroic figures in its relentless pursuit of the truth. With the precision of a legal brief and the passion of a front-page exposé, Cohen's Imbeciles is an unquestionable triumph of American legal and social history, an ardent accusation against these acclaimed men and our own optimistic faith in progress.

Immortals: Runes Series, Book 2 by Ednah Walters: Nothing can stop Raine Cooper when she wants something... Raine finally knows that her gorgeous neighbor, Torin St. James, is a legend straight out of Norse mythology, and that her feelings for him are strong. Torin is crazy about Raine too, breaking the one rule he lives by: Never fall for a mortal. The problem is he no longer remembers her, his memories erased by Norns—Norse destiny deities—to punish her for defying them. So Raine comes up with a plan... She will make Torin forget his one rule a second time and fall in love with her all over again. But she quickly learns that well-laid plans do not work when dealing with deities and supernatural beings. Desperate, Raine makes choices that could not only tear her and Torin further apart, but lead to the destruction of everything and everyone she loves.

In the Heart of the Sea: The Tragedy of the Whaleship Essex by Nathaniel Philbrick: From the author of Mayflower and the forthcoming Valiant Ambition, the riveting bestseller tells the story of the true events that inspired Melville's Moby-Dick.

Winner of the National Book Award, Nathaniel Philbrick's book is a fantastic saga of survival and adventure, steeped in the lore of whaling, with deep resonance in American literature and history.

In 1820, the whaleship Essex was rammed and sunk by an angry sperm whale, leaving the desperate crew to drift for more than ninety days in three tiny boats. Nathaniel Philbrick uses little-known documents and vivid details about the Nantucket whaling tradition to reveal the chilling facts of this infamous maritime disaster. In the Heart of the Sea, recently adapted into a major feature film starring Chris Hemsworth, is a book for the ages.

**Into Oblivion:** An Icelandic Thriller by Arnaldur Indridason: Loyal readers of Arnaldur Indridason's Erlendur series will be thrilled by Into Oblivion, the mesmerizing follow-up to the gritty prequel Reykjavik Nights. Here devoted fans will get another glimpse of Erlendur in his early days as a young, budding detective, while also absorbing plenty about Iceland and what makes the place tick.

It's 1979. A woman swims in a remote, milky-blue lagoon. Steam rises from the water and as it clears, a body is revealed in the ghostly light. Miles away, a vast aircraft hangar rises behind the perimeter fence of the US military base. A sickening thud is heard as a man's body falls from a high platform.

Many years before, a schoolgirl went missing, and the world has forgotten her. But Erlendur has not. Erlendur is a newly promoted detective, and he is contending with a battered dead body, a rogue CIA operative, and America's troublesome presence in Iceland. In his spare time he investigates a cold case. He is only starting out, but he is already deeply involved in his work.

The writer whose work The New York Times describes as "having the sweep and consequence of epic storytelling," has outdone himself in this multi-layered and masterful novel of suspense.

It Can't Happen Here by Sinclair Lewis: It Can't Happen Here is the only one of Sinclair Lewis's later novels to match the power of Main Street, Babbitt, and Arrowsmith. A cautionary tale about the fragility of democracy, it is an alarming, eerily timeless look at how fascism could take hold in America. Written during the Great Depression, when the country was largely oblivious to Hitler's aggression, it juxtaposes sharp political satire with the chillingly realistic rise of a president who becomes a dictator to save the nation from welfare cheats, sex, crime, and a liberal press. Called "a message to thinking Americans" by the Springfield Republican when it was published in 1935, It Can't Happen Here is a shockingly prescient novel that remains as fresh and

contemporary as today's news.

Journey to Munich: Maisie Dobbs Series, Book 12 by Jacqueline Winspear: It's early 1938, and Maisie Dobbs is back in England. On a fine yet chilly morning, as she walks towards Fitzroy Square - a place of many memories - she is intercepted by Brian Huntley and Robert MacFarlane of the Secret Service. The German government has agreed to release a British subject from prison, but only if he is handed over to a family member. Because the man's wife is bedridden and his daughter has been killed in an accident, the Secret Service wants Maisie - who bears a striking resemblance to the daughter - to retrieve the man from Dachau, on the outskirts of Munich.

The British government is not alone in its interest in Maisie's travel plans. Her nemesis - the man she holds responsible for her husband's death - has learnt of her journey, and is also desperate for her help.

Traveling into the heart of Nazi Germany, Maisie encounters unexpected dangers - and finds herself questioning whether it's time to return to the work she loved. But the Secret Service may have other ideas . .

**Kushiel's Dart: Kushiel's Legacy: Phèdre Trilogy, Book 1 by Jacqueline Carey:** A nation born of angels, vast and intricate and surrounded by danger... a woman born to servitude, unknowingly given access to the secrets of the realm...

Born with a scarlet mote in her left eye, Phédre nó Delaunay is sold into indentured servitude as a child. When her bond is purchased by an enigmatic nobleman, she is trained in history, theology, politics, foreign languages, the arts of pleasure. And above all, the ability to observe, remember, and analyze. Exquisite courtesan, talented spy... and unlikely heroine. But when Phédre stumbles upon a plot that threatens her homeland, Terre d'Ange, she has no choice.

Betrayed into captivity in the barbarous northland of Skaldia and accompanied only by a disdainful young warrior-priest, Phédre makes a harrowing escape and an even more harrowing journey to return to her people and deliver a warning of the impending invasion. And that proves only the first step in a quest that will take her to the edge of despair and beyond.

Phédre nó Delaunay is the woman who holds the keys to her realm's deadly secrets, and whose courage will decide the very future of her world.

Not since Dune has there been an epic on the scale of Kushiel's Dart-a massive tale about the violent death of an old age and the birth of a new. It is a novel of grandeur, luxuriance, sacrifice, betrayal, and deeply laid conspiracies. A world of cunning poets, deadly courtiers, deposed rulers and a besieged Queen, a warrior-priest, the Prince of Travelers, barbarian warlords, heroic traitors, and a truly Machiavellian villainess... all

seen through the unflinching eyes of an unforgettable heroine.

Land of Love and Drowning: A Novel by Tiphanie Yanique: A critically acclaimed debut from an award-winning writer—an epic family saga set against the magic and the rhythms of the Virgin Islands. In the early 1900s, the Virgin Islands are transferred from Danish to American rule, and an important ship sinks into the Caribbean Sea. Orphaned by the shipwreck are two sisters and their half brother, now faced with an uncertain identity and future. Each of them is unusually beautiful, and each is in possession of a particular magic that will either sink or save them.

Chronicling three generations of an island family from 1916 to the 1970s, Land of Love and Drowning is a novel of love and magic, set against the emergence of Saint Thomas into the modern world. Uniquely imagined, with echoes of Toni Morrison, Gabriel García Márquez, and the author's own Caribbean family history, the story is told in a language and rhythm that evoke an entire world and way of life and love. Following the Bradshaw family through sixty years of fathers and daughters, mothers and sons, love affairs, curses, magical gifts, loyalties, births, deaths, and triumphs, Land of Love and Drowning is a gorgeous, vibrant debut by an exciting, prizewinning young writer.

The Liar's Key: Red Queen's War Series, Book 2 by Mark Lawrence: After harrowing adventure and near-death, Prince Jalan Kendeth and the Viking Snorri ver Snagason find themselves in possession of Loki's Key, an artefact capable of opening any door, and sought by the most dangerous beings in the Broken Empire—including The Dead King.

Jal wants only to return home to his wine, women, and song, but Snorri has his own purpose for the key: to find the very door into death, throw it wide, and bring his family back into the land of the living.

And as Snorri prepares for his quest to find death's door, Jal's grandmother, the Red Queen continues to manipulate kings and pawns towards an endgame of her own design...

The Litter of the Law: Mrs. Murphy Mystery Series, Book 22 by Rita Mae Brown: Rita Mae Brown collaborates with feline co-author Sneaky Pie Brown in a mystery starring Mary Minor "Harry" Haristeen, the curious cat detectives Mrs. Murphy and Pewter, and Tee Tucker, the valiant crime-solving corgi. Halloween arrives early this year to rural central Virginia, when a twisted killer will stop at nothing to protect a multimillion-dollar scheme.

#### THE LITTER OF THE LAW

Autumn has descended and crops are being harvested all over Crozet, Virginia, ideal conditions for a scenic

drive for Harry and husband Fair. Bucolic views are all well and good, but Harry's nose for trouble leads her straight to a cornfield's macabre scarecrow—an all too real murder victim that frightens all but the noisy crows.

This accountant's gruesome death is only the first of many disturbing events in this normally pastoral corner of the world. While Harry tends her beloved grapes and sunflowers, a killer edges closer—as does Harry's protective menagerie of animals.

Halloween's approach brings with it bona fide terror and a beloved local tradition that threatens to become fatal. Rooting out the guilty in the treacherous center of a lucrative conspiracy requires Harry's farmer's wisdom—along with the quick wits and extraordinary senses of Sneaky Pie, Pewter, and Tucker. A vicious murderer may know the lay of the land far better than Harry does, but that's about to change. It's up to her vigilant four-footed companions to make sure that the unearthing of this plot is not Harry's last act.

The Mad Boy, Lord Berners, My Grandmother, and Me: An Aristocratic Family, a High-Society Scandal, and an Extraordinary Legacy by Sofka Zinovieff: This beguiling tale of a scandalous ménage à trois among England's upper classes is a high society love story that combines memoir and biography into a fascinating, heady read in the vein of The Bolter and Portrait of a Marriage.

Among the glittering stars of British society, Sofka Zinovieff's grandparents lived and loved with abandon. Robert Heber-Percy was a dashing young man who would rather have a drink than open a book, so his involvement with Jennifer Fry, a beautiful socialite famous for her style and charm, was not surprising. But by the time Robert met and married Jennifer, he had already been involved with a man—Gerald, Lord Berners—for more than a decade.

Stout, eccentric, and significantly older, Gerald was a well-known composer, and at home among scholars. He also owned one of Britain's loveliest stately homes, Faringdon House in Oxfordshire. The two made an unlikely couple, especially because they lived together at Faringdon House when homosexuality was illegal. And then a pregnant Jennifer moved into Faringdon in 1942, creating a formidable ménage à trois.

In this gorgeous, entertaining narrative of bohemian aristocracy illustrated with dozens of photographs, Sofka Zinovieff probes the mysteries of her grandparents and the third man in their marriage. Who was Gerald, and what brought Robert and Jennifer together under his roof? Why did Jennifer marry Robert? Piecing together the complicated reality behind the scandals of revelry and sexuality, she finally allows old ghosts to rest.

The Marriage of Mary Russell: A Short Story Featuring Mary Russell and Sherlock Holmes by Laurie R. King: Though she cannot entirely discount the effects of the head injuries they were both suffering at the time,

Mary Russell is delighted by Sherlock Holmes's proposal of marriage. After all, they have become partners-incrime, and she has recently come into her inheritance: what remains but to confirm the union with her mentor-turned-partner through a piece of paper? Russell's pragmatic side tells her to head straight to the registry office—until Holmes surprises her with a sentimental wish to be married in the chapel of his ancestral manor. There's just the small issue of ownership: the house is not exactly his, and he is most definitely not welcome there. Of course, such obstacles have never deterred Sherlock Holmes before, and they certainly won't keep him from concocting an elaborate scheme to evade angry dogs and armed butlers—all in the name of wedded bliss.

Miller's Valley: A Novel by Anna Quindlen: NEW YORK TIMES BESTSELLER • In a small town on the verge of big change, a young woman unearths deep secrets about her family and unexpected truths about herself. Filled with insights that are the hallmark of Anna Quindlen's bestsellers, Miller's Valley is an emotionally powerful story about a family you will never forget.

For generations the Millers have lived in Miller's Valley. Mimi Miller tells about her life with intimacy and honesty. As Mimi eavesdrops on her parents and quietly observes the people around her, she discovers more and more about the toxicity of family secrets, the dangers of gossip, the flaws of marriage, the inequalities of friendship and the risks of passion, loyalty, and love. Home, as Mimi begins to realize, can be "a place where it's just as easy to feel lost as it is to feel content."

Miller's Valley is a masterly study of family, memory, loss, and, ultimately, discovery, of finding true identity and a new vision of home. As Mimi says, "No one ever leaves the town where they grew up, even if they go." Miller's Valley reminds us that the place where you grew up can disappear, and the people in it too, but all will live on in your heart forever.

The Mist-Torn Witches: Mist-Torn Witches Series, Book 1 by Barb Hendee: National bestselling author Barb Hendee presents a dark, fascinating new world and the story of two sisters who will discover they have far more power than they ever envisioned....

In a small village in the nation of Droevinka, orphaned sisters Céline and Amelie Fawe scrape out a living selling herbal medicines in their apothecary shop. Céline earns additional money by posing as a seer and pretending to read people's futures.

But they exist in a land of great noble houses, all vying for power, and when the sisters refuse the orders of a warlord prince, they must flee and are forced to depend on the warlord prince's brother, Anton, for a temporary haven.

A series of bizarre deaths of pretty young girls is plaguing the village surrounding Prince Anton's castle. He offers Céline and Amelie permanent protection if they can use their "skills" to find the killer.

With little choice, the sisters enter a world unknown to them—of fine gowns and banquets and advances from powerful men. Their survival depends on catching a murderer who appears to walk through walls and vanish without a trace—and the danger grows with each passing night.

#### Morning Star: Red Rising Series, Book 3 by Pierce Brown:

Darrow would have lived in peace, but his enemies brought him war. The Gold overlords demanded his obedience, hanged his wife, and enslaved his people. But Darrow is determined to fight back. Risking everything to transform himself and breach Gold society, Darrow has battled to survive the cutthroat rivalries that breed Society's mightiest warriors, climbed the ranks, and waited patiently to unleash the revolution that will tear the hierarchy apart from within.

Finally, the time has come.

But devotion to honor and hunger for vengeance run deep on both sides. Darrow and his comrades-in-arms face powerful enemies without scruple or mercy. Among them are some Darrow once considered friends. To win, Darrow will need to inspire those shackled in darkness to break their chains, unmake the world their cruel masters have built, and claim a destiny too long denied—and too glorious to surrender.

#### Nine Lives to Die: A Mrs. Murphy Mystery by Rita Mae Brown:

Rita Mae Brown and her feline co-author Sneaky Pie Brown return with a mystery starring Mary Minor "Harry" Haristeen, intrepid kitty sleuths Mrs. Murphy and Pewter, and Tee Tucker, the ever-faithful crime-solving corgi. This time around, Harry and her animal friends track a killer whose trail has gone as cold as the weather in December.

#### NINE LIVES TO DIE

Winter has come to Crozet, Virginia, bringing with it a fresh blanket of snow. Harry and her husband, Fair, are hip deep in their usual end-of-the-year activities: distributing food to needy residents, and shopping for outfits for the Silver Linings youth organization's annual fundraising gala. But buried beneath the white stuff are dark secrets from Crozet's past—and Harry and her posse of pet detectives are determined to sniff them out. Two Silver Linings mentors have been found dead in suspicious circumstances. If that weren't enough to chill the bones of the locals, a pair of severed human fingers has turned up in a pencil jar in the bookkeeper's office at St. Cyril's church. What does this grisly display have to do with the mysterious disappearance of Harry's voluptuous high school Latin teacher, a quarter of a century ago? Maybe nothing. But when the animals make another gruesome discovery in the woods behind Harry's farm, it becomes clear that terrible crimes have been committed in Crozet—and somebody's gone to great lengths to cover them up. It's time to stop shoveling snow and start digging for clues.

The truth will be revealed. A cold case will be solved. And a twenty-five-year-old love triangle is about to get untangled. The weather outside may be frightful, but Harry and her four-legged friends refuse to be spooked off the case.

The Pearls: Pearls and the Crown Series, Book 1 by Deborah Chester: Lady Lea—beloved sister of the Emperor Caelan—is gifted with the ability to see into others' hearts and when she is moved to tears, those tears become pearls. When the hardened warrior Lord Shadrael kidnaps her and takes her through the fearsome Hidden Ways of the shadow world, Lea can foresee her destiny in him. For if she is to save Shadrael from his own darkness, she will ultimately have to choose between her brother and her abductor.

Permaculture and Climate Change Adaptation by Thomas Henfrey: Permaculture is a design system for sustainable human habitats and the basis of a worldwide citizen-led movement present in over 100 countries. For decades, permaculture practitioners have devised creative responses to changes in local climatic conditions. In doing so, they have developed a collective knowledge and experience invaluable to global efforts to address climate change.

This book seeks to bring this expertise from the margins into the centre of policy debates and mainstream action. It describes in broad terms how permaculture's underlying philosophy and perspective on climate change complements those of formal science and indigenous knowledge, provides detailed descriptions of practical applications drawing on case studies from around the world, and considers how global responses can most effectively draw upon the unique contributions permaculture has to make.

Permaculture for the Rest of Us: Abundant Living on Less than an Acre by Jenni Blackmore: Many of us want to increase our self-sufficiency, but few have access to the ideal five sunny, gently sloping acres of rich, loamy, well-drained soil. Jenni Blackmore presents a highly entertaining, personal account of how permaculture can be practiced in adverse conditions, allowing anyone to learn to live more sustainably in a less-than-perfect world. With a rallying cry of "If we can do it, you can too," she distills the wisdom of twenty years of trial and error into a valuable teaching tool.

The perfect antidote to dense, high-level technical manuals, Permaculture for the Rest of Us presents the fundamental principles of this sometimes confusing concept in a humorous, reader-friendly way. Each chapter focuses on a specific method or technique, interspersing straightforward explanations with the author's own experiences. Learn how to successfully retrofit even the smallest homestead using skills such as:

No-till vs. till gardening, composting, and soil-building Natural pest control and integrating small livestock Basic greenhouse construction Harvesting, preservation, and more.

Ideal for urban dreamers, suburbanites and country-dwellers alike, this inspirational and instructional "encouragement manual" is packed with vibrant photographs documenting the author's journey from adversity to abundance.

**Prince of Fools by Mark Lawrence:** The Red Queen is old but the kings of the Broken Empire dread her like no other. For all her reign she has fought the long war, contested in secret, against the powers that stand behind nations, for higher stakes than land or gold. Her greatest weapon is The Silent Sister—unseen by most and unspoken of by all.

The Red Queen's grandson, Prince Jalan Kendeth—drinker, gambler, seducer of women—is one who can see The Silent Sister. Tenth in line for the throne and content with his role as a minor royal, he pretends that the hideous crone is not there. But war is coming. Witnesses claim an undead army is on the march, and the Red Queen has called on her family to defend the realm. Jal thinks it's all a rumor—nothing that will affect him

Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It by Garth Davis, M.D., Howard Jacobson: An acclaimed surgeon specializing in weight loss delivers a paradigm-shifting examination of the diet and health industry's focus on protein, explaining why it is detrimental to our health, and can prevent us from losing weight.

Whether you are seeing a doctor, nutritionist, or a trainer, all of them advise to eat more protein. Foods, drinks, and supplements are loaded with extra protein. Many people use protein for weight control, to gain or lose pounds, while others believe it gives them more energy and is essential for a longer, healthier life. Now, Dr. Garth Davis, an expert in weight loss asks, "Is all this protein making us healthier?"

The answer, he emphatically argues, is NO. Too much protein is actually making us sick, fat, and tired, according to Dr. Davis. If you are getting adequate calories in your diet, there is no such thing as protein deficiency. The healthiest countries in the world eat far less protein than we do and yet we have an entire nation on a protein binge getting sicker by the day.

As a surgeon treating obese patients, Dr. Davis was frustrated by the ever-increasing number of sick and overweight patients, but it wasn't until his own health scare that he realized he could do something about it. Combining cutting-edge research, with his hands-on patient experience and his years dedicated to analyzing studies of the world's longest-lived populations, this explosive, groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity.

**Quiet Neighbors: A Novel by Catriona McPherson:** It's the oldest bookshop in a town full of bookshops; rambling and disordered, full of treasures if you look hard. Jude found one of the treasures when she visited

last summer, the high point of a miserable vacation. Now, in the depths of winter, when she has to run away, Lowell's chaotic bookshop in that backwater of a town is the safe place she runs to.

Jude needs a bolt-hole; Lowell needs an assistant and, when an affordable rental is thrown in too, life begins to look up. The gravedigger's cottage isn't perfect for a woman alone but at least she has quiet neighbors. Quiet, but not silent. The long dead and the books they left behind both have tales to tell and the dusty rooms of the bookshop are not the haven they seem to be. Lowell's past and Jude's present are a dangerous cocktail of secrets and lies and someone is coming to light the taper that could destroy everything.

**Reflex by Dick Francis:** Longtime jockey Philip Nore suspects that a racetrack photographer's fatal accident was really murder—and unravels some nasty secrets of corruption, blackmail, and murder.

Reign of Shadows: Ruby Throne Series, Book 1 by Deborah Chester: Caelan E'Non is the son of the land's most powerful healer, and is naturally expected to follow in his father's footsteps. Except Caelan feels a burning desire to blaze his own trail—and possesses a magic he does not understand.

Elandra Albain has been raised as a servant in her father's house. Her sister, Lady Bixia, has been pampered and spoiled, and is thought to be destined for greatness. But Elandra has a destiny all her own.

For as long as Caelan or Elandra can recall, Emperor Kostimon has ruled the land. For nine centuries his life has been sustained. But this wondrous immortality stems from a bargain with the very source of evil itself—from the dark lord Beloth. Now, as Kostimon's tenth and final lifetime begins, the shadow god is growing restless. And so begins the REIGN OF SHADOWS.

Sacred by Samantha Long: Sophie has been attacked by demons, destroyed a nest of vampires, and lived through the death of someone close to her. Now she and her friends have been rescued by the Society and taken to a secret island base to train. While they desperately search for leads on where Akeldama may be holding Lilli prisoner, Sophie tries to keep Tristan at arms length. She doesn't need anything to distract her from finding her best friend, or so she tells herself. Then the unthinkable happens. One of the Society's own has betrayed the Guardians, selling their secrets to the demons and attacking them where they should feel safest. In the end, Sophie's greatest enemy could be her own fears, and she faces a decision that could push Tristan and her friends away forever.

**Second Wind by Dick Francis:** When a hurricane-chasing plane is downed on a Caribbean island, TV meteorologist Perry Stuart barely escapes with his life. But he can't escape what he saw on the island--and if the people who've tracked him back to England have their way, Stuart will have a zero percent chance of survival.

**Shadow War: Ruby Throne Series, Book 2 by Deborah Chester:** For nine centuries the Emperor Kostimon has sat upon the Ruby Throne. The dark lord Beloth is responsible for his eternal existence. And what the shadow

god has bestowed, he can easily take away...

As the aging Kostimon awaits the crowning of his empress, Elandra Albain, forces of evil conspire to destroy the kingdom of Imperia. Whispers of treason come from those closest to the emperor—including his own son. Pure of spirit, Elandra remains untouched by the shadow god—but she senses his return. With darkness descending, Elandra finds her destiny joined with another's.

Possessing the magic of a healer and a warrior's might, Caelan E'non has risen from lowly slave to champion gladiator. And when the dark lord and his minions overtake the castle, he will find Elandra's life—and the future of the empire—in his hands.

Square Wave by Mark de Silva: Carl Stagg, a writer researching imperial power struggles in 17th century Sri Lanka, ekes out a living as a watchman in a factionalized America where confidence in democracy has eroded. Along his nightly patrol, Stagg finds a beaten prostitute, one in a series of monstrous attacks. Suspicious of his supervisor's intentions, Stagg partners with a fellow part-time watchman, Ravan, to seek the truth. Ravan hails from a family developing storm-dispersal technologies, whose research is jointly funded by the Indian and American governments.

The watchmen's discoveries put a troubling complexion on Stagg's research, giving it new shape and impetus, just as the weather modification project begins to appear less about dispersing storms than weaponizing them.

By gracefully weaving a study of the psychological effects of a militarized state upon its citizenry with topics as diverse as microtonal music and cloud physics, Square Wave signals the triumphant arrival of a young writer certain to be considered one of the most ambitious and intelligent of his generation.

Strawberry Shortcake Murder: Hannah Swensen Mystery Series, Book 2 by Joanne Fluke: In her debut mystery, Chocolate Chip Cookie Murder, intrepid amateur sleuth and bakery owner Hannah Swensen proved that when it comes to crime, nothing is sweeter than a woman who knows how to really mix it up. Now, the flame-haired, tart-talking (and baking) heroine is back, judging a contest where the competition is really murder.

Strawberry Shortcake Murder

Whenthe president of Hartland Flour chooses cozy Lake Eden, Minnesota, as the spot for their first annual Dessert Bake-Off, Hannah is thrilled to serve as the head judge. But when a fellow judge, Coach Boyd Watson, is found stone-cold dead, facedown in Hannah's celebrated strawberry shortcake, Lake Eden's sweet ride to fame turns very sour indeed.

Between perfecting her Cheddar Cheese Apple Pie and Chocolate Crunchies, Hannah's snooping into the coach's private life and not coming up short on suspects. And could Watson's harsh criticism during the judging have given one of the contestants a license to kill? The stakes are rising faster than dough, and Hannah will have to be very careful, because somebody is cooking up a recipe for murder. . .with Hannah landing on the "necessary ingredients" list.

**Tail Gait: Mrs. Murphy Series, Book 24 by Rita Mae Brown:** There's nothing like a tail well told. Rita Mae Brown and her feline co-author Sneaky Pie Brown return with an all-new mystery featuring Mary Minor "Harry" Haristeen, crime-solving cats Mrs. Murphy and Pewter, and ever-faithful Tee Tucker the corgi.

TAIL GAIT - Spring has sprung in Crozet, Virginia—a time for old friends to gather and bid farewell to the doldrums of winter. Harry and her husband, Fair, are enjoying a cozy dinner with some of the town's leading citizens, including beloved University of Virginia history professor Greg "Ginger" McConnell and several members of UVA's celebrated 1959 football team. But beneath the cloak of conviviality lurks a sinister specter from the distant past that threatens to put all their lives in jeopardy.

When Professor McConnell is found murdered on the golf course the next day—gunned down in broad daylight by an unseen killer—no one can fathom a motive, let alone find a suspect. Just as Harry and her furry cohorts begin nosing into the case, however, a homeless UVA alum confesses to the crime. Trouble is, no one believes that the besotted former All-American could have done the foul deed—especially after Mrs. Murphy, Pewter, and Tucker make another gruesome discovery.

As the questions surrounding Ginger's death pile up, Harry's search for answers takes her down the fascinating byways of Virginia's Revolutionary past. The professor was something of a sleuth himself, it seems, and the centuries-old mystery he was unraveling may well have put a target on his back. As Harry edges closer to identifying an elusive killer, her animal companions sense danger—and rally to find a way to keep Harry from disappearing into history.

The Turn: Guardians Series, Book 3 by Lola St. Vil: There. Will. Be. Blood.

After the Council hands down a severe punishment, a Guardian declares war on the Angel world. Before the end, lives will be lost, love will be tested, and Angel blood will flow.

The Ultimate Guide to Natural Farming and Sustainable Living: Permaculture for Beginners by Nicole Faires: A beautiful, comprehensive guide to going green and living sustainably.

Permaculture is an important but often misunderstood method of growing food and building homes in a

manner that works with nature, rather than against it, to create beautiful, healthy, and useful gardens. Blending ecology, organic agriculture, green home design, appropriate technology, and biology can be confusing and overwhelming, but The Ultimate Guide to Natural Farming and Sustainable Living simplifies this vast field for practical application. This is a hands-on guide, taking the beginner through each step of the design process, so that anyone can apply permaculture principles to his or her life. While the principles are simple, the in-depth topics cover every aspect of permaculture, including:

- building green homes and passive solar design
- growing edible plant communities and forest gardens
- using no-till and natural farming methods
- creating microclimates for extended growing seasons
- raising livestock with ecological foraging techniques

This is a common-sense approach to sustainable living that creates a self-sufficient and low-effort home for the people that live there, whether in the city or the country. The Ultimate Guide to Natural Farming and Sustainable Living isn't a philosophy book or a dissertation on theory. It is a step-by-step, complete guide to every aspect of permaculture.

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace by Pedram Shojai: We all struggle to discover satisfaction and contentment in the modern world and yet the more technology we use, the more things seem to get worse. What are we all missing? What will it take for us to find our centers? Pedram Shojai shares how the calmness of Zen masters is attainable in today's fast-paced world, and with practice, you too can stop time, refuel, and focus on the things that really matter. The Urban Monk, a New York Times bestseller, reveals the secrets to finding an open heart, sharp mind, and grounded sense of well-being, even in the most demanding circumstances. Shojai's no-nonsense life mastery program brings together clear tools and exercises that can elevate your existence. Learn to honor your body with nutrition and shake free from addictions to toxic substances and experiences. Let your body and mind unwind each day with evening meditations, loosening exercises, and resting rituals that will keep any stress or unfinished business out of the bedroom, helping you sleep better so that your body can rejuvenate. The Urban Monk is filled with priceless practices that you can use in your daily life, right here and now. It is designed to be your companion in this crazy world we live in. Get it dirty, mark it up, and take it around with you on your journey to becoming an Urban Monk. There's no need to move or drastically change your current life. You can find peace within, and The Urban Monk will teach you how to calm the chaos in your head. The world needs you to step up and live your life to the fullest. Pedram Shojai is the Urban Monk who can show you how to drink from infinity, find peace and prosperity, and thrive in a modern world.

**Virgins:** An Outlander Novella by Diana Gabaldon: NEW YORK TIMES BESTSELLER • A young Jamie Fraser learns what it really means to become a man in this Outlander prequel novella. Featuring all the trademark suspense, adventure, and history of Diana Gabaldon's #1 bestselling novels and the Starz original series,

Virgins is now available for the first time as a standalone ebook.

Mourning the death of his father and gravely injured at the hands of the English, Jamie Fraser finds himself running with a band of mercenaries in the French countryside, where he reconnects with his old friend Ian Murray. Both are nursing wounds; both have good reason to stay out of Scotland; and both are still virgins, despite several opportunities to remedy that deplorable situation with ladies of easy virtue. But Jamie's love life becomes infinitely more complicated—and dangerous—when fate brings the young men into the service of Dr. Hasdi, a Jewish gentleman who hires them to escort two priceless treasures to Paris. One is an old Torah; the other is the doctor's beautiful granddaughter, Rebekah, destined for an arranged marriage. Both Jamie and Ian are instantly drawn to the bride-to-be—but they might be more cautious if they had any idea who they're truly dealing with.

#### **Streaming Videos:**

Casper the Friendly Ghost: The Complete Ghost Collection: 10 Episodes: Come join Casper and all his friends in this rare collection of cartoons. Casper and his buddies go on Adventures from helping animals to teaching everyone to be friendly!! Children of all ages will be glad Saturdays were meant for cartoons!!

**Red vs. Blue, Volume 1: The Blood Gulch Chronicles:** In the distant future, ten soldiers battle for control of the least desirable piece of real estate in the known universe- a box canyon in the middle of nowhere. Red vs. Blue chronicles the misadventures of two hapless armies as they wage a war that few understand and no one wants to fight.

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