

Where To Download The Grown  
Womans Guide To Online  
Dating

*The Grown Womans  
Guide To Online Dating*

**Results from world-renowned  
relationship expert John  
Gottman's famous Love Lab  
have proven an incredible**

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# Where To Download The Grown Womans Guide To Online

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**truth: Men make or break relationships. Based on 40 years of research, The Man's Guide to Women unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the**

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**first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller The Seven Principles for Making**

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**Marriage Work, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton**

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**Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed**

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**and know when the relationship is on the right track. The Man's Guide to Women is a must-have playbook for how to play—and win—the game of love.**

**The New York Times and USA**

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**Today bestseller! "...a hauntingly atmospheric love letter to the first mobile library in Kentucky and the fierce, brave packhorse librarians who wove their way from shack to shack**

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**dispensing literacy, hope, and  
— just as importantly — a  
compassionate human  
connection."—Sara Gruen,  
author of Water for Elephants  
The hardscrabble folks of  
Troublesome Creek have to**



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**scrap for**

**everything—everything except**

**books, that is. Thanks to**

**Roosevelt's Kentucky Pack**

**Horse Library Project,**

**Troublesome's got its very own**

**traveling librarian, Cussy Mary**

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**Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is**

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**often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler. Inspired**

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**by the true blue-skinned  
people of Kentucky and the  
brave and dedicated Kentucky  
Pack Horse library service of  
the 1930s, The Book Woman of  
Troublesome Creek is a story  
of raw courage, fierce**

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**strength, and one woman's  
belief that books can carry us  
anywhere—even back home.  
Additional Praise for The Book  
Woman of Troublesome Creek:  
"A unique story about  
Appalachia and the healing**

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**power of the written word."—Kirkus "A timeless and significant tale about poverty, intolerance and how books can bring hope and light to even the darkest pocket of history."—Karen Abbott, New**

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**York Times bestselling author  
of Liar Temptress Soldier Spy  
"Emotionally resonant and  
unforgettable, The Book  
Woman of Troublesome Creek  
is a lush love letter to the  
redemptive power of**

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**books."—Joshilyn Jackson, New  
York Times and USA Today  
bestselling author of The  
Almost Sisters**

**Provides valuable new  
information on menopause and  
how women should approach it**



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**in a handbook that offers  
sound guidance for women  
dealing with the physical and  
emotional health issues  
surrounding menopause,  
covering such topics as  
hormone relacement therapy,**

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**PMS, treatments for the symptoms of menopause, osteoporosis, cancer prevention, and sexuality. Original.**

**In A Woman's Garden, the creative force behind**

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**LovelyGreens.com, Tanya Anderson, shares inspiring ways to use the power of plants for home and health—with helpful growing advice and step-by-step instructions for creating over 35 inspiring**

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**projects, edibles, and art from your garden. Gardens grow more than just pretty flowers. They grow well-being and a deeper connection with nature. Gardens can also produce plant material for creating**

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**homemade skincare, natural dyes, artisan crafts, delicious foods and beverages, and medicines—homegrown ways to create a wholesome lifestyle. Making things with your hands and heart, and then sharing**

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**the fruits of your labors with friends and family, is both satisfying and soul-stirring. Learn how to grow dozens of plants and then transform them into gorgeous items to nurture yourself or gift to**

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**others, including: Using onion  
skins to dye wool Alkanet root  
and lavender soap Soapwort  
multipurpose cleaner Rose  
petal facial mist Edible flower  
frittata Healing calendula skin  
salve Paper mache leaf**

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**lanterns Chamomile tincture  
Gardening projects, including  
a herb spiral, strawberry pallet  
planter, and more In A  
Woman's Garden, you'll be  
introduced to seven categories  
of useful plants. Plus, meet**



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**inspiring women gardeners  
from around the globe who  
grow and use edibles, herbs,  
and flowers to create natural  
products you can make, too.  
Find inspiration, healing,  
health, and happiness right**

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**outside your own backdoor  
with A Woman's Garden.**

**The bestselling classic that  
redefined our view od the  
relationship between beauty  
and female identity. In today's  
world, women have more**

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**power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of**

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**social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the**

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**modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."**

**The New York Times Best**

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**Seller A Barnes & Noble Best  
Fiction Book of 2020 A  
Goodreads Choice Awards  
Finalist Steel Magnolias meets  
Dracula in this '90s-set horror  
novel about a women's book  
club that must do battle with a**

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**mysterious newcomer to their  
small Southern town, perfect  
for murderinos and fans of  
Stephen King. Bonus features:**

- Reading group guide for  
book clubs • Hand-drawn map  
of Mt. Pleasant • Annotated**

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**true-crime reading list by  
Grady Hendrix • And more!  
Patricia Campbell's life has  
never felt smaller. Her  
husband is a workaholic, her  
teenage kids have their own  
lives, her senile mother-in-law**



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**needs constant care, and she's always a step behind on her endless to-do list. The only thing keeping her sane is her book club, a close-knit group of Charleston women united by their love of true crime. At**

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**these meetings they're as likely to talk about the Manson family as they are about their own families. One evening after book club, Patricia is viciously attacked by an elderly neighbor, bringing the**

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**neighbor's handsome nephew,  
James Harris, into her life.  
James is well traveled and well  
read, and he makes Patricia  
feel things she hasn't felt in  
years. But when children on  
the other side of town go**

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**missing, their deaths written off by local police, Patricia has reason to believe James Harris is more of a Bundy than a Brad Pitt. The real problem? James is a monster of a different kind—and Patricia has already**

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**invited him in. Little by little, James will insinuate himself into Patricia's life and try to take everything she took for granted—including the book club—but she won't surrender without a fight in this blood-**

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**soaked tale of neighborly  
kindness gone wrong.**

**Showing up is what turns the  
people you know into your  
people. It's at the core of  
creating and maintaining  
strong, meaningful bonds with**

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**friends, family, coworkers, and internet pals. Showing up is the act of bearing witness to people's joy, pain, and true selves; validating their experiences; easing their load; and communicating that they**

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**are not alone in this life. If you're having trouble connecting with those around you, know that you're not the only one. Adult friendships are tricky!!! Part manifesto, part guide, The Art of Showing Up**



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**is soul medicine for our modern, tech-mediated age. Rachel Wilkerson Miller charts a course to kinder, more thoughtful, and more fulfilling relationships—and, crucially, she reminds us that “you can’t**

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**show up for others if you aren't showing up for yourself first."**

**Learn to fearlessly . . . define your needs, reclaim your time, and commit to self-care ask for backup when times are tough—and take action when**

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**others are in crisis meet and  
care for new friends, and  
gently end toxic friendships  
help your people feel more  
seen (and more OK) overall!  
Vibrates with encouragement  
for women who want to explore**

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**and enjoy the world of  
books Gladys Hunt, long-time  
advocate of reading and author  
of the cherished Honey for a  
Child's Heart, has written this  
new book for busy women who  
want a wider worldview and**

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**stimulus for intellectual and emotional growth. Honey for a Woman's Heart explores:\* The wonder of words, language, and reading\* What good books offer thoughtful readers\* What makes a good book\* The value**

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**of reading fiction\* Best books  
in genres of fiction, nonfiction,  
spirituality, and poetry\* How  
to enjoy the best of books: the  
Bible\* The pleasure of sharing  
books with others\* Something  
for everyone, no matter what**

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**age or reading experience\***

**Recommendations for over 500**

**books to enjoy Pleasant words**

**are a honeycomb, sweet to the  
soul and healing to the bones.**

**Proverbs 16:24**

**[iGen](#)**

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[Girl, Woman, Other](#)

[My Hair, My Crown, My Glory](#)

[A Woman's Guide to Discipling](#)

[The Four Winds](#)

[Honey for a Woman's Heart](#)



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[Boldly Shaping a Better World](#)

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[A Woman's Guide to Growing](#)

[Gorgeous Hair](#)

[Scientifically Proven Secrets](#)

[from the Love Lab About What](#)

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**Women Really Want**

**Be Awesome, Earn Badges**

**A Woman's Walk with God**

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one

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of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information.

Surprisingly, much of the research does not support common medical opinion and practice. Birth activist

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Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary

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procedures, drugs, restrictions, and tests. The book covers: Cesareans  
Breech babies Inducing labor  
Electronic Fetal Monitoring  
Rupturing Membranes Coping with  
slow labor Pain medication  
Epistiotomy Vaginal birth after a

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Cesarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more .

..

"A gutsy success story" (The New York Times Book Review) about one tenacious woman's journey to

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escape rural poverty and create a billion-dollar farming business--without ever leaving the land she loves The youngest of her parents' combined twenty-one children, Sarah Frey grew up on a struggling farm in southern

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Illinois, often having to grow, catch, or hunt her own dinner alongside her brothers. She spent much of her early childhood dreaming of running away to the big city--or really anywhere with central heating. At fifteen, she



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moved out of her family home and started her own fresh produce delivery business with nothing more than an old pickup truck. Two years later, when the family farm faced inevitable foreclosure, Frey gave up on her dreams of

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escape, took over the farm, and created her own produce company. Refusing to play by traditional rules, at seventeen she began talking her way into suit-filled boardrooms, making deals with the nation's largest retailers. Her early

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negotiations became so legendary that Harvard Business School published some of her deals as case studies, which have turned out to be favorites among its students. Today, her family-operated company, Frey Farms, has become

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one of America's largest fresh produce growers and shippers, with farmland spread across seven states. Thanks to the millions of melons and pumpkins she sells annually, Frey has been dubbed "America's Pumpkin Queen" by

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the national press. The Growing Season tells the inspiring story of how a scrappy rural childhood gave Frey the grit and resiliency to take risks that paid off in unexpected ways. Rather than leaving her community, she found adventure

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and opportunity in one of the most forgotten parts of our country. With fearlessness and creativity, she literally dug her destiny out of the dirt.

Beautiful hair – every woman wants it but very few really

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understand how to achieve it. We color and curl it. We heat, gel, straighten and spray it. We fret and fume over it, spend pots of money on it and weep when we lose it. It's our crowning glory, a vital sign of health, youth and beauty. It's our

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hair, and we want it to look great. Thick, radiant hair is a symbol of beauty and femininity. Everyone knows that having a head full of healthy, sleek, beautiful hair is your ticket to making heads turn. Nothing complements a woman's



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appearance more than hair that is well taken care of and styled in the hottest fashion. For those of you who don't know it, losing your hair can be devastating for any woman and in many cases -- men. It can cost any normal healthy woman to

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suffer some type of mental anguish or depression. Excessive hair loss is a severe challenge to a woman's self-image and her standing in business and society. Women experiencing hair loss lose ground fast in today's world. At work and

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In her personal life, a woman's appearance has much to do with her financial and social success. The appearance of thinning hair translates to a significant loss of personal power for women. Although we usually think of

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balding as a man's problem, women actually make up forty percent of the people experiencing the distress of excessive hair loss. Most women who have one episode might have more episodes of hair loss. In most cases, hair loss is mild

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to moderate but can be permanent if not treated. In some instances, you do not need treatment if you are comfortable with your appearance. Most women notice their hair thinning in their 50s or 60s, but it can happen at any age,

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even during teenage years and for a variety of reasons. Doing too many of the wrong things can not only harm your hair and scalp and prevent it from looking its best, but it can also cause severe damage. According to the latest

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experts, 5 out of 10 women who constantly wear hair pieces, wigs, scarves, hats, etc. are suffering from "female pattern baldness." Hair weaving, hairpieces, or a change in hairstyle may disguise hair loss and improve your

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appearance. This is often the least expensive and safest way to deal with female pattern baldness but eventually you need to get to the root of your hair loss, so that it doesn't happen again in your lifetime. The medical community in



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general treats women's hair loss as a minor health issue. Most physicians have little sympathy for women experiencing hair loss and fail to address the emotional distress that women feel. In many cases, physicians treat balding as if

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It were only a vanity issue. They may not recognize hair loss as a red flag pointing to a more serious medical condition. You need expert help to properly diagnose the cause of your hair loss. Hair loss that could have been merely temporary,

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may become permanent if you have a delayed or incorrect diagnosis. Misdiagnosis is perhaps the most frustrating aspect of hair loss for women. The psychological pain of hair loss and its effect on our sense of empowerment is as devastating

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as any disfiguring disease. If you are a balding woman, your hair loss is a life altering condition with profound consequences for your health. This book is the result of three years of conducting extensive research on how to grow healthy

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and beautiful hair. I am writing this book to educate, inform and empower all women who have dealt with hair loss at one time or another in their lives. I want you to know up front that there is help out there for you. This my story of my

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hair loss and how in the end I was able to grow my long, thick and gorgeous hair again. I am hoping that my mistakes can help other women, when it comes to taking care of their hair. This book will help you come out of the shadows

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into the light and take control of your own life and grow your hair back at any age. Good luck!

Elizabeth George, author of A Young Woman After God's Own Heart (more than 150,000 copies sold), offers another life-changing

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teen book—A Young Woman's Walk with God. Christian teens long to please God, but peer pressure, school activities, and physical changes make godly qualities such as patience, kindness, and self-control hard to develop. The good



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news is that by focusing on God, girls can live the fruit of the Spirit. Then they'll be able to— put on a positive attitude daily have peace regardless of circumstances experience joy even during difficulties Faithfulness and

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gentleness come as teens walk with Jesus and express His love to those around them.

Do you yearn for a closer walk with God? For a greater understanding of what it means to let Him live through you? For the marks of His

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presence in your life? Author Elizabeth George gives practical help for how you can do that in this study of the fruit of the Spirit. Discover... love, joy, and peace that changes hearts, families, and friendships patience, kindness, and

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goodness that seeks the best for everyone faithfulness, gentleness, and self-control that brings spiritual victory in life's more challenging moments A Woman's Walk with God is an invitation to experience the joys of moment-by-

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moment living in the Lord's  
power--and producing the fruit of  
the Spirit in every circumstance!  
In 1920, 14 percent of all land-  
owning US farmers were black.  
Today less than 2 percent of farms  
are controlled by black people--a

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loss of over 14 million acres and the result of discrimination and dispossession. While farm management is among the whitest of professions, farm labor is predominantly brown and exploited, and people of color

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disproportionately live in "food apartheid" neighborhoods and suffer from diet-related illness. The system is built on stolen land and stolen labor and needs a redesign. Farming While Black is the first comprehensive "how to" guide for

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aspiring African-heritage growers to reclaim their dignity as agriculturists and for all farmers to understand the distinct, technical contributions of African-heritage people to sustainable agriculture. At Soul Fire Farm, author Leah



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Penniman co-created the Black and Latinx Farmers Immersion (BLFI) program as a container for new farmers to share growing skills in a culturally relevant and supportive environment led by people of color. Farming While Black organizes

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and expands upon the curriculum of the BLFI to provide readers with a concise guide to all aspects of small-scale farming, from business planning to preserving the harvest. Throughout the chapters Penniman uplifts the wisdom of the

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African diasporic farmers and activists whose work informs the techniques described--from whole farm planning, soil fertility, seed selection, and agroecology, to using whole foods in culturally appropriate recipes, sharing stories

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of ancestors, and tools for healing from the trauma associated with slavery and economic exploitation on the land. Woven throughout the book is the story of Soul Fire Farm, a national leader in the food justice movement. The technical

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Information is designed for farmers and gardeners with beginning to intermediate experience. For those with more experience, the book provides a fresh lens on practices that may have been taken for granted as ahistorical or strictly

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European. Black ancestors and contemporaries have always been leaders--and continue to lead--in the sustainable agriculture and food justice movements. It is time for all of us to listen.

From the number-one bestselling

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author of *The Nightingale* and *The Great Alone* comes a powerful American epic about love and heroism and hope, set during the Great Depression, a time when the country was in crisis and at war with itself, when millions were out

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of work and even the land seemed to have turned against them. "My land tells its story if you listen. The story of our family." Texas, 1921. A time of abundance. The Great War is over, the bounty of the land is plentiful, and America is on the



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brink of a new and optimistic era. But for Elsa Wolcott, deemed too old to marry in a time when marriage is a woman's only option, the future seems bleak. Until the night she meets Rafe Martinelli and decides to change the direction

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of her life. With her reputation in ruin, there is only one respectable choice: marriage to a man she barely knows. By 1934, the world has changed; millions are out of work and drought has devastated the Great Plains. Farmers are

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fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa's tenuous marriage; each day

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Is a desperate battle against nature and a fight to keep her children alive. In this uncertain and perilous time, Elsa—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or leave it behind and go

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west, to California, in search of a better life for her family. The Four Winds is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation

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and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, The Four Winds is an indelible portrait of America and the American dream, as seen

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through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

The highly anticipated sequel to the instant New York Times bestseller, *A Good Girl's Guide to Murder!*

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More dark secrets are exposed in this addictive, true-crime fueled mystery. Pip is not a detective anymore. With the help of Ravi Singh, she released a true-crime podcast about the murder case they solved together last year. The



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podcast has gone viral, yet Pip insists her investigating days are behind her. But she will have to break that promise when someone she knows goes missing. Jamie Reynolds has disappeared, on the very same night the town hosted a

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memorial for the sixth-year anniversary of the deaths of Andie Bell and Sal Singh. The police won't do anything about it. And if they won't look for Jamie then Pip will, uncovering more of her town's dark secrets along the way... and

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this time everyone is listening. But will she find him before it's too late?

[Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely](#)

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[Unprepared for Adulthood--and  
What That Means for the Rest of  
Us](#)

[The Beauty Myth  
Inspiration, Advice, and Practical  
Tools for Helping Others Grow](#)

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[A Young Woman's Walk with God](#)

***THE SUNDAY TIMES BESTSELLER***

***'HILARIOUS' Stylist 'DAZZLING'***

***Marian Keyes 'WITTY' Guardian***

***'HEARTBREAKING' Dolly Alderton***

***'INCREDIBLE' Candice Carty-***

***Williams***

***Growing Godly Women is a***

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*blueprint for making a vital difference in a girl's life through a mentoring relationship, providing her with crucial support and wisdom during her complex teen years. Stories, Scriptures, and biblical principles illustrate to Christian women how to comfort a*



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*teen and mentor her toward God's plan. Chapters cover the qualities that make a good mentor, what makes girls tick, how to study the Bible with a teen girl, lessons for inner and outer beauty, and creating ties that bind. In a memoir that pierces and*

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*delights us, Jill Ker Conway tells the story of her astonishing journey into adulthood—a journey that would ultimately span immense distances and encompass worlds, ideas, and ways of life that seem a century apart. She was seven before she ever saw another girl*

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*child. At eight, still too small to mount her horse unaided, she was galloping miles, alone, across Coorain, her parents' thirty thousand windswept, drought-haunted acres in the Australian outback, doing a "man's job" of helping herd the sheep because*

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*World War II had taken away the able-bodied men. She loved (and makes us see and feel) the vast unpeopled landscape, beautiful and hostile, whose uncertain weathers tormented the sheep ranchers with conflicting promises of riches and inescapable disaster. She adored*

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*(and makes us know) her large-  
visioned father and her strong,  
radiant mother, who had gone  
willingly with him into a pioneering  
life of loneliness and bone-breaking  
toil, who seemed miraculously to  
succeed in creating a warmly  
sheltering home in the harsh*

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*outback, and who, upon her husband's sudden death when Jill was ten, began to slide—bereft of the partnership of work and love that had so utterly fulfilled her—into depression and dependency. We see Jill, staggered by the loss of her father, catapulted to what seemed*

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*another planet—the suburban Sydney of the 1950s and its crowded, noisy, cliquish school life. Then the heady excitement of the University, but with it a yet more demanding course of lessons—Jill embracing new ideas, new possibilities, while at the same time*

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*trying to be mother to her mother  
and resenting it, escaping into  
drink, pulling herself back, striking  
a balance. We see her slowly  
gaining strength, coming into her  
own emotionally and intellectually  
and beginning the joyous love affair  
that gave wings to her newfound*



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***self. Worlds away from Coorain, in America, Jill Conway became a historian and the first woman president of Smith College. Her story of Coorain and the road from Coorain startles by its passion and evocative power, by its understanding of the ways in which***

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*a total, deep-rooted commitment to place—or to a dream—can at once liberate and imprison. It is a story of childhood as both Eden and anguish, and of growing up as a journey toward the difficult life of the free.*

*After following the advice from a*

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*manual called "How to Meet and Marry Mr Right", Jane learns that in love there is neither pattern nor promise. This is a funny collection of connected stories and a portrait of Jane, a woman manoeuvring her way through love, sex and relationships.*

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***As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial***

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*predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first*

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*generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and*

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***loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in***

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*completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just*



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*graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen*

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*also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.*

*There is a movement of women stepping into their God-given gifts*

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*to make money doing what they love. If you're ready to join them, this is your handbook that will take the ideas in your head and the dream in your heart and turn them into action. \*Help you create a step-by-step, customized plan to start and grow your business. \*Show you*

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*how to manage your time so you can have a business- and life- that you love. \*Explain overwhelming business stuff like pricing, taxes, and budgeting in simple terms.*

*\*Teach you how to use marketing to reach the right people in the right way.*

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***"How can so many women feel "good and mad" yet still reluctant to speak up in a meeting or difficult conversation? Why do women often feel like they're too much--and, at the same time, not enough? What causes us, at the most critical moments in our lives, to freeze?"***

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***Kasia Urbaniak teaches power to women--and her answers to these questions may surprise you. Based on insights from her experiences as a dominatrix, her training to become a Taoist nun, and the countless women she has taught to expand their influence, this book***

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*offers precise, practical instruction in how to stand in your power, find your voice, and use it well"--*

*As followers of Christ, we are instructed to go and make disciples of all nations. A Woman's Guide to Discipleship offers women inspiration, instruction,*

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*encouragement, and practical tools to use as they disciple other women in a common journey they are taking with Christ.*

[\*Why Men Love Bitches\*](#)  
[\*Lessons Learned While Swiping\*](#)  
[\*Right, Snapping Selfies, and\*](#)  
[\*Analyzing Emojis\*](#)



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[\*The Thinking Woman's Guide to a Better Birth\*](#)

[\*A Woman's Shed\*](#)

[\*The Road from Coorain\*](#)

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[\*How to Be There for Yourself and Your People\*](#)

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***Negotiating: How to Convince,  
Collaborate, & Create Your Way to  
Agreement***  
***How I Built a New Life--And Saved  
an American Farm***

NATIONAL BESTSELLER WINNER  
OF THE BOOKER PRIZE "A must-  
read about modern Britain and

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womanhood . . . An impressive, fierce novel about the lives of black British families, their struggles, pains, laughter, longings and loves . . . Her style is passionate, razor-sharp, brimming with energy and humor. There is never a single moment of

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dullness in this book and the pace does not allow you to turn away from its momentum."—Booker Prize Judges Bernardine Evaristo is the winner of the 2019 Booker Prize and the first black woman to receive this highest literary honor in the English language. Girl,

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Woman, Other is a magnificent portrayal of the intersections of identity and a moving and hopeful story of an interconnected group of Black British women that paints a vivid portrait of the state of contemporary Britain and looks back to the legacy of Britain's

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colonial history in Africa and the Caribbean. The twelve central characters of this multi-voiced novel lead vastly different lives: Amma is a newly acclaimed playwright whose work often explores her Black lesbian identity; her old friend Shirley is a

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teacher, jaded after decades of work in London's funding-deprived schools; Carole, one of Shirley's former students, is a successful investment banker; Carole's mother Bummi works as a cleaner and worries about her daughter's lack of rootedness



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despite her obvious achievements. From a nonbinary social media influencer to a 93-year-old woman living on a farm in Northern England, these unforgettable characters also intersect in shared aspects of their identities, from age to race

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to sexuality to class. Sparklingly witty and filled with emotion, centering voices we often see othered, and written in an innovative fast-moving form that borrows technique from poetry, *Girl, Woman, Other* is a polyphonic and richly textured

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social novel that shows a side of Britain we rarely see, one that reminds us of all that connects us to our neighbors, even in times when we are encouraged to be split apart.

Discover the Seven Best Gifts You Can Give Yourself Queen of Your

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Own Life is a philosophy, a decision and an invitation to happiness for women who have made the tough but rewarding journey to the midpoint in their lives. Kathy Kinney (best known as Mimi on The Drew Carey Show) and Cindy Ratzlaff (marketing

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genius behind the launch of The South Beach Diet) have been best friends for more than thirty years, and have helped each other navigate the ups and downs of their lives with humor and grace. In this entertaining and inspiring book, they share the tried-and-

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true techniques they call "the seven best gifts a woman can give herself." They reveal how they learned to value themselves just the way they are—women in full bloom, sensual, vibrant, wise and more beautiful than ever—and they'll show you how

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you can, too. With these seven gifts you'll discover how to: □  
Claim your beauty and feel your power □  
Clean your mental closet and find your queen voice □  
Admire yourself for who you've become □  
Build deep, fulfilling friendships with other women □

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Establish firm boundaries that will strengthen all your relationships □ Learn the simple trick to finally being happy □ Place the crown firmly on your head With humor, comfort and inspiration, Queen of Your Own Life offers easy step-by-step actions to blast away at the



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societal tall tale that young is beautiful and old is just old. If you've been feeling that the best part of your life may be behind you, then this book will prove to you just how untrue that is, and that the door to being happy is not only never closed, but just

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waiting for you to fling it open.  
Remember, you don't have to be  
twenty to have your whole life  
ahead of you. Now is the time to  
become Queen of Your Own Life!  
In this candid, refreshing guide for  
young women to take with us as  
we run the world, Emilie Aries

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shows you how to own your power, know your worth, and design your career and life accordingly. Young women today face an uncertain job market, the pressure to ascend at all costs, and a fear of burning out. But the landscape is changing, and

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women are taking an assertive role in shaping our careers and lives, while investing more and more in our community of support. Bossed Up teaches you how to: Break out of the "martyrdom mindset," and cultivate your Boss Identity by

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getting clear on what you really want for your career and life without apology; Hone the self-advocacy skills necessary for success; Understand the differences between being assertive (which is part of being a leader) and being aggressive

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(which is more like being a bully) - and how that clarity can transform your trajectory; Beat burnout by identifying how the warning signs may be showing up in your life and how to prioritize bringing more rest, purpose, agency, and community to your

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day-to-day life; Unpack the steps to cultivating something more than just confidence; a boss identity, which will establish your ability to be the boss of your life no matter what comes your way. Drawing from timely research, and with personal stories, and

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spotlights on a diverse group of women from the Bossed Up community, this book will show you how to craft a happy, healthy, and sustainable career path you'll love.

Does the thought of joining a dating site invoke feelings of fear



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and anxiety--or, worse, insecurity or unworthiness? If so, then The Grown Woman's Guide to Online Dating is the book for you. In it, New York Times bestselling writer and funny lady Margot Starbuck describes her own experiences with online dating--from the often-

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absurd to the sometimes-serious--and the insights that helped her embrace who she truly is. Four years after an unexpected divorce and at the urging of friends, Margot Starbuck ventured into the unknown waters of online dating. Now, sixteen different

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dating sites and far too many membership fees later, Starbuck offers an inside look into the wild, surprising, and endlessly fascinating world of virtual courtship. With practical advice about how these sites work, what to expect, and when to join and

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quit, along with proven tips for making the most of them, the Grown Woman's Guide will equip readers with all they need to take the plunge. They'll discover how to: embrace who they are as women already beloved, create irresistible profiles that highlight

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what makes them unique, assess what they like and dislike in men's profiles, write a message that is most likely to get a response, recognize sixteen "red flags" so that they stay safe, and understand and avoid the practices of ghosting and

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catfishing. Starbuck's honest and reassuring voice is like that of a close girlfriend who cheers on her readers with both humor and biblically based advice. Even as she shares the personal and spiritual growth she experienced in her own journey--including

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copied with her feelings of loneliness, rejection, and pressure--she reminds them of the unchanging truth that they have always been the beloved of God.

Women & Philanthropy Women's philanthropy has led the way in

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virtually reinventing the world of fundraising and ways of giving. When women make a gift, are in a leadership position, or volunteer their time to a nonprofit or charitable organization, they tend to base their efforts on solid principles such as compassion,



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values, vision, and responsibility. Women are increasingly engaged in giving circles, global giving, transformative gifts, entrepreneurial giving, faith-based giving, family and couple giving, and social change gifts. Based on extensive interviews

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and the authors' combined half century of experience, Women and Philanthropy shares new ways to better engage women in giving, as well as insights into developing women leaders in the nonprofit arena, and advises women seeking to develop as

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philanthropic leaders and shape the future for the better. Women and Philanthropy explores women's philanthropic endeavors, offering a wealth of information on key topics such as how and why women give, what it takes to develop a gender-sensitive

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fundraising program, how to develop a strategic plan to involve women as leaders and donors, and suggestions for working with women of wealth. All day, every day, we negotiate: with our friends, spouses, children, boss, customers, and co-

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workers. A Woman's Guide to Successful Negotiating builds on women's innate skills in professional and personal situations. Drawing upon their considerable experience, as a top corporate negotiator and as an investment banker, Lee and

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Jessica Miller have developed proven strategies, tactics, and techniques that tap into women's abilities to convince, collaborate and create. The authors feature innovative strategies for negotiating with aggressive men and competitive women. The

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authors also explore the ten common mistakes women make during negotiations and how to avoid making them. In addition, the book will teach you 3 keys to successful negotiating. Whether negotiating for a raise or where to go to dinner with your boyfriend,

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this book shows you how to get what you want. What others are saying about A Woman's Guide to Successful Negotiating:

"Breakthrough perspective. Every woman can benefit from this indispensable guide to getting what you want."--Cathleen Black,



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President, Hearst Magazines "No matter what the situation, this book provides you with the negotiating techniques and the overall confidence to deal with the issue."--Rose Marie Bravo, Chief Executive Officer, Burberry Ltd. "Whether you are in the

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boardroom or at home with your kids, this book shows you how to get what you want and do it with style."--Lisa Hall, Chief Operating Officer, Oxygen Media "Lots of practical advice on how to win with a woman's touch."--Jan Hopkins, Anchor, CNN Street

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Sweep "A useful book for women on the art of negotiating . . . in business, in personal relationships, in every area of life."--Donna Lagani, Publishing Director, Cosmopolitan Group, publisher of Cosmopolitan magazine and CosmoGirl "An

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invaluable source of wisdom for woman, young and old, who want to take their place in the world."--Christine Baranski, Emmy and Tony Award Winning Actress  
If you're tired of failing at love and dating the wrong type of men over and over again then get

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ready to reprogram your faulty dating and relationship habits and practices. From the Founder of the Relationship Architect Academy - The first online dating and relationship school of its kind dedicated to teaching women how to attract and maintain

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authentic relationships through healthy dating and relationship concepts - we are excited to share with you ... The 5 Phases of Dating - The Grown-Ass Woman's Guide to Attracting and Maintaining Authentic Relationships! With over 20 years

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in the business of dating and relationship coaching, Anita's students and clients have proven repeatedly that it doesn't matter whether you are single, in a relationship, married or divorced, the information and concepts in this book are guaranteed to help

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you succeed in all 5 Phases of dating and relationships. It's not as complicated as you may think to have a loving and authentic relationship and this book will show you how. In The 5 Phases of Dating you will learn what has been keeping you from receiving



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the love you want, connect with your truth and learn to love yourself unconditionally through spiritual yet practical exercises, tough love advice as well as the mental and emotional tools you will need to succeed. By fully understanding where you have

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gone wrong in the past, you can begin to attract and maintain the relationship you've always wanted, including shifting the energy in your current relationship or marriage. In this book you will be guided through: -  
Gaining clarity on the emotional

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and spiritual blocks standing in the way of you receiving the love you REALLY want. - How to recognize the qualities you want without ever having to ask him about them directly. - How much information is TOO MUCH information when first getting to

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know someone. - How to detect the bullshit games that hook you into staying in "situationships" longer than you should. - A full description of ALL 5 Phases providing practical and real-world examples for you to learn from. - Tools that you can use

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immediately even before completing the book that will begin to increase your confidence and dating and relationship experiences. - Links to worksheets and other visual aids mentioned in the book. Anita Charlot's relationship advice may

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not be what we as women want to hear, but it is what we need to hear. It requires us to self-reflect and take ownership of our choices so that we can not only be healthier partners, but also healthier people. If you're ready for unadulterated truth, then be

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sure to read the latest edition of Five Phases of Dating. Dr. Kathy E. Garland Author of The Unhappy Wife

Because sheds aren't just for men – this selection of sheds from the UK, North America and Europe shows how women everywhere

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can claim and use their own personal space.

[How to Have Your Life Not Suck](#)  
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Getting Your Sh\\*t Together  
Growing More Like Jesus  
How Images of Beauty Are Used  
Against Women](#)

The New York Times bestseller and  
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Book Club pick telling the story of

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three generations of Palestinian-American women struggling to express their individual desires within the confines of their Arab culture in the wake of shocking intimate violence in their community. A GOODREADS

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BEST WOMEN'S FICTION OF THE  
YEAR • A REAL SIMPLE BEST  
BOOK OF THE YEAR • A

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POPSUGAR BEST BOOK OF THE  
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of the Summer • A USA Today

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Best Book of the Week • A  
Washington Book Review Difficult-  
To-Put-Down Novel • A Refinery 29  
Best Books of the Month • A  
Buzzfeed News 4 Books We  
Couldn't Put Down Last Month • A  
New Arab Best Books by Arab

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Authors • An Electric Lit 20 Best Debuts of the First Half of 2019 • A The Millions Most Anticipated Books of 2019 "Garnering justified comparisons to Khaled Hosseini's A Thousand Splendid Suns... Etaf Rum's debut novel is a must-read

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about women mustering up the bravery to follow their inner voice.”  
—Refinery 29 “Where I come from, we’ve learned to silence ourselves. We’ve been taught that silence will save us. Where I come from, we keep these stories to ourselves. To



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tell them to the outside world is unheard of—dangerous, the ultimate shame.” Palestine, 1990.

Seventeen-year-old Isra prefers reading books to entertaining the suitors her father has chosen for her. Over the course of a week, the

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naïve and dreamy girl finds herself quickly betrothed and married, and is soon living in Brooklyn. There Isra struggles to adapt to the expectations of her oppressive mother-in-law Fareeda and strange new husband Adam, a pressure

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that intensifies as she begins to have children—four daughters instead of the sons Fareeda tells Isra she must bear. Brooklyn, 2008. Eighteen-year-old Deya, Isra's oldest daughter, must meet with potential husbands at her

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grandmother Fareeda's insistence, though her only desire is to go to college. Deya can't help but wonder if her options would have been different had her parents survived the car crash that killed them when Deya was only eight.

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But her grandmother is firm on the matter: the only way to secure a worthy future for Deya is through marriage to the right man. But fate has a will of its own, and soon Deya will find herself on an unexpected path that leads her to shocking

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truths about her family—knowledge that will force her to question everything she thought she knew about her parents, the past, and her own future.

Do you feel like you are too nice?  
Sherry Argov's Why Men Love

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Bitches delivers a unique perspective as to why men are attracted to a strong woman who stands up for herself. With saucy detail on every page, this no-nonsense guide reveals why a strong woman is much more

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desirable than a "yes woman" who routinely sacrifices herself. The author provides compelling answers to the tough questions women often ask: · Why are men so romantic in the beginning and why do they change? · Why do men



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take nice girls for granted? · Why does a man respect a woman when she stands up for herself? Full of advice, hilarious real-life relationship scenarios, "she says/he thinks" tables, and the author's unique "Attraction Principles," Why

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Men Love Bitches gives you bottom-line answers. It helps you know who you are, stand your ground, and relate to men on a whole new level. Once you've discovered the feisty attitude men find so magnetic, you'll not only increase

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the romantic chemistry—you'll gain your man's love and respect with far less effort.

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the

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renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through

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extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the

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words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle

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as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

Does the thought of joining a dating site invoke feelings of fear and anxiety—or, worse, insecurity or

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unworthiness? If so, then The Grown Woman's Guide to Online Dating is the book for you. With practical advice about how these sites work, what to expect, and when to join and quit, along with proven tips for making the most of



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them, The Grown Woman's Guide equips readers with all they need to take the plunge. Four years after an unexpected divorce, bestselling writer and funny lady Margot Starbuck found herself venturing into the unknown waters of online

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dating. What she discovered surprised her—and changed her. With her signature sharp wit and a solid biblical foundation, Margot shares what she learned, including how to: determine which sites are best and what to expect; write a

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first message that is most likely to get a response; avoid common pitfalls in creating your profile; and live out the truth that you are God's beloved. So dive into embracing your true value and drawing closer to God even in the midst of fear and

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questions. Because whatever your endgame might be, richness awaits. Margot promises, "You got this, girl!" "Gives you concrete steps for dating well, from the beginning to the end, all while reminding you just how loved you

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already are.” —Chrystal Evans  
Hurst, bestselling author and  
speaker “With humor, wisdom, and  
practical answers, Margot’s heart  
and voice shine through this book,  
and I can’t wait to send it to my  
single friends!” —Bianca Juarez

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Olthoff, pastor, speaker, and author of the bestselling How to Have Your Life Not Suck

Do you ever just want someone to help you figure life out - to tell you how to win at work, what guys to stay away from, and what jeans

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rock your body shape? With so much information at your fingertips, real success, good dates, and true friendships can still feel out of reach. Bianca Juarez Olthoff is your guide (minus the cargo shorts and tacky hat) to becoming today who

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you aspire to be tomorrow. Packed with lessons Bianca learned from her own mistakes and heartache, this field guide will help you avoid unnecessary detours on the path to your best self. With her signature wit, engaging stories, and brilliant



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insights from a counselor friend, Bianca gives spot-on advice for adulting, career, relationships, and faith. Following the biblical story of Ruth and Naomi, Bianca's humorous and honest anecdotes will empower you to create a

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successful life and discover all you can be. This curated manual for the modern woman will help you: Connect with a mentor, let go of bad friendships, and find a relationship worth keeping Trust the goodness of God even in loss,

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betrayal, and unanswered questions Take initiative, do hard things, and achieve meaningful success Fall in love with God's Word and see the Bible come alive The perfect cocktail of sass and down-to-earth guidance, How to

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Have Your Life Not Suck is just the book you need to navigate your way to the life you want to live. More than that, Bianca will show you that though life is tough, you are too.

From the NPR host of The Indicator

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and correspondent for Planet Money comes an “accessible, funny, clear-eyed, and practical” (Sarah Knight, New York Times bestselling author) guide for how women can apply the principles of 16th-century philosopher Niccolò

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### Dating

Machiavelli to their work lives and finally shatter the glass ceiling—perfect for fans of Feminist Fight Club, Lean In, and Nice Girls Don't Get the Corner Office.

Women have been making strides towards equality for decades, or so

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we're often told. They've been increasingly entering male-dominated areas of the workforce and consistently surpassing their male peers in grades, university attendance, and degrees. They've recently stormed the political arena

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with a vengeance. But despite all of this, the payoff is—quite literally—not there: the gender pay gap has held steady at about 20% since 2000. And the number of female CEOs for Fortune 500 companies has actually been declining. So why, in



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the age of #MeToo and #TimesUp, is the glass ceiling still holding strong? And how can we shatter it for once and for all? Stacy Vanek Smith's advice: ask Machiavelli "with this delicious look at what we have to gain by examining our

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relationship to power" (Sally Helgesen, New York Times bestselling author). Using The Prince as a guide and with charm and wit, Smith applies Renaissance politics to the 21st century, and demonstrates how women can take

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and maintain power in careers where they have long been cast as second-best. "Machiavelli For Women is the ultimate battle guide for our times. Brimming with hard-boiled strategies, laced with wit, it's a must read for every woman ready

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to wield power unapologetically”  
(Claire Shipman, coauthor of The  
Confidence Code).

New York Times Bestseller "Dark  
and twisty, with white-knuckle  
tension and jaw-dropping  
surprises." —Riley Sager, New York

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Times bestselling author of Home Before Dark In this smart and chilling thriller, master of suspense Mary Kubica takes domestic secrets to a whole new level, showing that some people will stop at nothing to keep the truth buried.

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People don't just disappear without a trace... Shelby Tebow is the first to go missing. Not long after, Meredith Dickey and her six-year-old daughter, Delilah, vanish just blocks away from where Shelby was last seen, striking fear into their

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once-peaceful community. Are these incidents connected? After an elusive search that yields more questions than answers, the case eventually goes cold. Now, eleven years later, Delilah shockingly returns. Everyone wants to know

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what happened to her, but no one is prepared for what they'll find... Look for these other riveting thrillers by Mary Kubica: The Good Girl Pretty Baby Don't You Cry Every Last Lie When the Lights Go Out The Other Mrs.



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A Novel (Booker Prize Winner)  
The Grown-Ass Woman's Guide to  
Attracting and Maintaining  
Authentic Relationships  
The Grown-ass Women's Club  
From Doormat to Dreamgirl—A

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Dating

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Own in a Relationship  
Queen of Your Own Life  
Women and Philanthropy  
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The Girls' Guide to Hunting and](#)

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