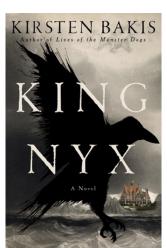
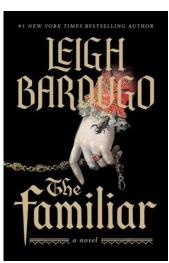


THE HIDDEN LIFE OF CECILY LARSON





TOM CLANCY ACT OF DEFIANCE: A JACK RYAN NOVEL

Brian Andrews & Jeffery Wilson

Hotlist

US intelligence says there's something going in Russia. While their land forces have been decimated by corruption and incompetence, the Navy seems to be pouring money into some secret project. Analysts are stumped, until the knot is untangled by one particularly bright young woman at the Office of Naval Intelligence—Katie Ryan, the youngest daughter of President Jack Ryan, Katie is determined that the Russians are about to launch a super missile submarine. Now the race is on to determine where the sub is and whether it poses a threat to the continental US.

THE HIDDEN LIFE OF CECILY LARSON: A NOVEL

Ellen Baker Hotlist

In 1924, four-year-old Cecily Larson's mother reluctantly drops her off at an orphanage in Chicago. When she is seven, Cecily is sold to a traveling circus. Cecily finally feels she's found the family she craves. But as the years go by, cracks in her little world begin to show. In 2015, Cecily is now 94 and living a quiet life. But when her family decides to surprise her with an at-home DNA test, the unexpected results throw into question everything about the family she's raised as her own for nearly seventy years.

KING NYX: A NOVEL

Kirsten Bakis Hotlist

Set in November 1918 on opulent, castle-like island estate of the eccentric millionaire Claude Akrel, a young couple settle in as guests on Prosper Island. They find themselves quarantined in a shabby outpost far from Mr. Arkel's mansion-from which they learn three girl's have gone missing. After she encounters a figure in the woods that may be the ghost of her long-lost friend Mary, Anna Filling Fort resolves to find out who Mr. Arkel really is, and what has become of the missing girls.

THE FAMILIAR: A NOVEL

Leigh Bardugo Hotlist

In a shabby house, on a shabby street, in the new capital of Madrid, Luzia Cotado uses scraps of magic to get through her days of endless toil as a scullion. What begins as simple amusement for the bored nobility takes a perilous turn when Luzia plunges into a world of seers and alchemists, holy men and hucksters, where the lines between magic, science, and fraud are never certain. As her notoriety grows, she will have to use every bit of her wit and will to survive-even if that means enlisting Guillen Santagel, embittered immortal familiar whose own secrets could prove deadly for them both.









THE WOMAN WITH NO NAME: A NOVEL

Audry Blake Hotlist

1942. Though she survived the bomb that destroyed her home, Yvonne has lost all purpose. Until she's offered a chance to remake herself entirely. When Yvonne is recruited as Britain's first female sabotage agent, expectations are low. But her tenacity, ability to go unnoticed, and aptitude for explosives set her apart. As Yvonne becomes infamous as the nameless, unstoppable woman who burns the enemy at every turn, she realizes she may lose herself to the urgent needs of the cause.

THE FOX WIFE: A NOVEL

Yangsze Choo Hotlist

Manchuria, 1908. A courtesan is found frozen in a doorway. Bao, detective with an uncanny ability to sniff out the truth, is hired to uncover the dead woman's identity. Meanwhile, when disruptively winsome servant Snow enters the family of a famous Chinse medicine shop household, the family's luck seems to change. Snow is a creature of many secrets, but most of all, she's a mother seeking vengeance for her lost child. Navigating the myths and misconceptions of fox spirits, both Snow and Bao will touch on old friends, and new foes, even as more deaths occur.

THE SILENCE IN HER EYES: A NOVEL

Armando Lucas Correa

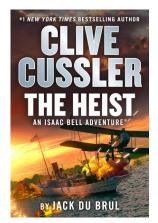
Hotlist

Leah has been living with akinetopsia, or motion blindness, since she was a child. Most people assume she's blind, but the truth is Leah sees a good deal, and with her acute senses of smell and hearing, very little escapes her notice. Leah's quiet life changes when Alice moves into the apartment next door and Leah can immediately smell the anxiety wafting off her. Than one night, Leah wakes up to someone in her apartment. And when she hears Alice through the wall pleading for her help, Leah makes a decision that will test her courage, her strength, and ultimately her sanity.

SLEEPING GIANTS: A NOVEL

Rene Denfeld Hotlist

Twenty years ago, a nine-year-old boy was swept away by powerful waves on a removed Oregon beach, his body lost to the sea. For most of her life, Amanda Dufresne had no idea she had an older brother named Dennis Owens, or that he had died. Retired police officer Larry Palmer offers to help Amanda find answers. The search leads to shocking heartbreaking discoveries. Dennis Owens had been forgotten foster child abandoned home for disturbed boys. As Amanda and Larry dig deeper into the past, the two students upon decades of cruelty and hidden crimes-including a barbaric treatment still used today.



THE HEIST: AN ISAAC BELL ADVENTURES

Jack Du Brul Hotlist

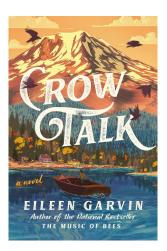
In the summer of 1914, Isaac Bell attends a private meeting on Woodrow Wilson's presidential yacht, as Wilson addresses the newly launched regional Federal Reserve banks. While responding to a curious murder scene in Rhode Island, Bell learns of a heist planned for the new federal currency printing and engraving building in D.C. Bell must track down the thieves and the counterfeit before the new Federal Reserve system—and America's economy—is destroyed.



HAS ANYONE SEEN CHARLOTTE SALTER?: A NOVEL

Nicci French Hotlist

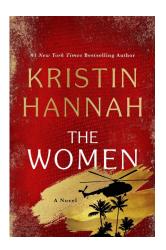
Just before Christmas 1990, Charlotte Salter vanishes. Then the body of the Salters' neighbour, Duncan Ackerley, is found. The police conclude that Duncan and Charlotte were having an affair before he killed her and committed suicide. Thirty years later, Morgan Ackerley and his older brother Greg decide to make a podcast about the case. Allegations are made, secrets are revealed, and a suspicious fire leads to a murder. Detective Inspector Maud O'Connor will stop at nothing to uncover the truth as a new and terrifying picture of what really happened to Charlotte and Duncan emerges.



CROW TALK: A NOVEL

Eileen Garvin Hotlist

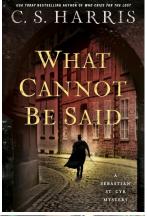
At Beauty Bay, a community of summer homes nestled on the shores of June Lake, it's off-season with most houses shuttered for the fall. Frankie O'Neil, adrift, returns to the rundown caretaker's cottage that has been in the hardworking O'Neil family for generations. Anne, in the wake of a tragedy that has disrupted her, has fled to neighbouring house. When Frankie finds an injured baby crow in the forest, little does she realize that the charming bird will bring lost souls together on a journey toward her healing, rediscovering joy.

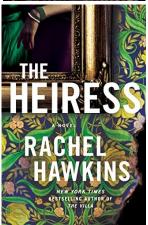


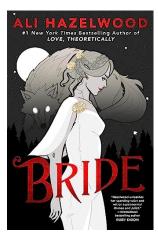
THE WOMEN: A NOVEL

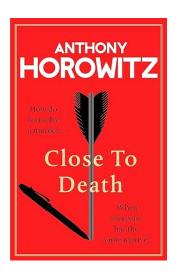
Kristin Hannah Hotlist

Raised on idyllic Coronado Island and sheltered by her conservative parents, twenty-year-old nursing student Frances "Frankie" McGrath has always prided herself on doing the right thing. But in 1965 the world is changing. When her brother ships out to serve in Vietnam, she impulsively joins the Army Nurse Corps and follows his path. As green and inexperienced as the men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war, as well as the unexpected trauma of coming home to a changed and politically divided America.









WHAT CANNOT BE SAID: A SEBASTIAN ST. CYR MYSTERY

C.S. Harris Hotlist

July 1815: The Prince Regent's grandiose plans to celebrate Napoleon's recent defeat at Waterloo are thrown into turmoil when Lady McInnis and her daughter Emma are found brutally murdered in Richmond Park, their bodies posed in a chilling imitation of the stone effigies once found atop medieval tombs. Bow Street magistrate Sir Henry Lovejoy immediately turns to his friend Sebastian St. Cyr, Viscount Devlin, for help with the investigation. With his own life increasingly in danger, Sebastian finds himself drawn inexorably towards a conclusion far darker and more horrific than anything he could have imagined.

THE HEIRESS: A NOVEL

Rachel Hawkins Hotlist

When Ruby McTavish Callahan Woodward Miller Kenmore dies, she's North Caroline's richest and most notorious woman. In the aftermath of her death, her adopted son, Camden, rejects his inheritance, settling into a normal life as an English teacher in Colorado and marrying Jules, a woman just as eager to escape her own messy past. Ten years later his uncle's death pulls Cam back into the gamily fold, but the legacy of Ruby is inescapable. Soon, Cam realizes that an inheritance can entail more than what's written in a will—and that the bonds of family stretch far beyond the grave.

BRIDE: A NOVEL

Ali Hazelwood Hotlist

Misery Lark's days of living in anonymity among the Humans are over: she has been called upon to uphold an historic peacekeeping alliance between the Vampyres and their mortal enemies, the Weres. Because Misery has her own reasons to agree to this marriage of convenience, reasons that have nothing to do with politics or alliances, and everything to do with the only thing she's ever cared about. And she is willing to do whatever it takes to get back what's hers, even if a life alone in Were territory—alone with the wolf.

CLOSE TO DEATH: A HAWTHORNE AND HOROWITZ MYSTERY

Anthony Horowitz

Hotlist

Riverside Close is a picture-perfect community. The six exclusive and attractive houses are tucked far away from the noise and grime of city life. It is perfectly idyllic, until the Kentworthy family arrives. Obvious outsiders, the Kentworthys do not belong in Riverside Close, and they quickly offend every last one of their neighbors. When Charles Kentworthy is found dead on his own doorstep, a cross-bow bolt sticking out of his chest, Detective Hawthorne is the only investigator that can be called to solve the case. Because how do you solve a murder when everyone is suspect?



THE ROSE REAPER: A THRILLER

Jennifer Hunter Hotlist

Three years ago, Kate Doyle escaped a seral killer who died at the hands of rescuers. The case was closed on the Rose Reaper's seven victims—the six who were killed and Kate, the one who got away. Then a copycat killer starts hunting. One by one, with each new body, comes a gift for Kate: a single red rose. And then the warning: "See you soon." Kate and FBI consultant and psychologist Ryan Strickland better work fast because someone is finishing what the Rose Reaper started—and he's hell-bent on making sure that this time, the seventh victim doesn't get away.



A FATE INKED IN BLOOD: BOOK 1 OF THE SAGA OF THE UNFATED

Danielle L. Jensen Hotlist

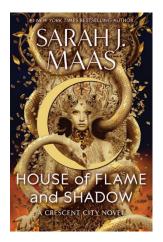
Freya possesses a drop of a goddess's blood, which makes her shield maiden with magic capable of repelling any attack. It was foretold such a magic would unite the fractured nation of Skaland beneath the one who controls the shield maiden's fate. Desperate to prove her strength, Freya must train to fight and learn to control her magic, all while facing perilous tests set by the gods.



THE BAD WEATHER FRIEND

Dean Koontz Hotlist

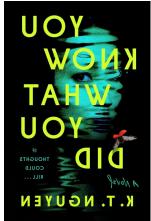
Benny Catspaw's perpetually sunny disposition is tested when he loses his job, his reputation, his fiancée, and his favorite chair. Then Benny receives an inheritance from an uncle he's never heard of: a giant crate and a video message. Stranger yet is what's inside the crate. He's a seven-foot-tall self –described "bad weather friend" named Spike whose mission is to help people who are just to good for this world. In the company of Spike and a young PI-in-training named Harper, Benny plunges into a perilous high-speed adventure the likes of which never have crossed the mind of a decent guy like him.

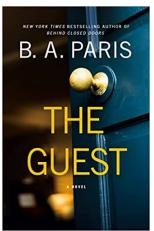


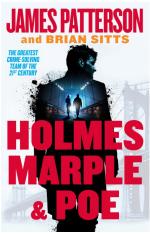
HOUSE OF FLAME AND SHADOW: A CRESENCT CITY NOVEL

Sarah J. Maas Hotlist

Bryce Quinlan never expected to see a world other than Midgard, but now that she has, all she wants is to get back. Stranded in a strange new world, she's going to need all her wits about her to get home again. And that's no easy feat when she has no idea who to trust. After a few brief few months with everything he ever wanted, Hunt Athalar is in the Asteri's dungeons again, stripped of his freedom and without a clues as to Bryce's fate. He's desperate to help her, but until he can escape the Asteri's leash, his hands are quite literally tied.









YOU KNOW WHAT YOU DID

K.T. Nguyen Hotlist

When a prominent art patron goes missing, the investigation zeros in on Annie Shaw. Under mounting police scrutiny, she beings to question her own involvement in the disappearance. Terrified for her the safety of her family and friends, Annie pushes everyone away, only to wake up in a hotel room—naked, next to a lifeless body. The police have more questions, but with her mind increasingly fractured, Annie doesn't have answers. All she knows is this: she will do anything to protect her daughter—even if it means losing herself.

THE GUEST

B.A Paris Hotlist

Iris and Gabriel have just arrived home from a holiday. But a shock awaits them. One of their closest friends, Laure, is in their house. The atmosphere quickly becomes tense as she oversteps again and again. Laure has walked out on her husband over his confession of an affair and second child. Iris and Gabriel want to be supportive of the their friends, but as Laure's mood becomes increasingly unpredictable, her presence takes a toll. Iris and Gabriel's only respite comes in the form of a couple new to town. Soon, secrets from all their pasts will unravel, some more dangerous than they could have known.

HOLMES, MARPLE AND POE

James Patterson & Brian Sitts

Hotlist

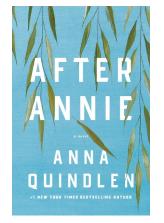
In New York City, three intriguing, smart, and stylish private investigators open Holms Marple & Poe Investigations. Who are these detectives with famous names and mysterious, untraceable pasts? Brendan Holmes: a keen, science-minded sleuth with an even keener sense of smell. Margaret Marple: a charming snoop who works best undercover. Auguste Poe: a weapons expert with a weakness for muscle cars and beautiful women. The agency's daring methodology and headline-making slves attract the attention of NYPD Detective Helene Grey.

THE MURDER INN

James Patterson & Candice Fox

Hotlist

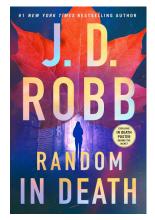
The Inn at Gloucester is the lone structure on a rocky Massachusetts shoreline. Former Boston police detective Bill Robinson runs the place as a refuge from life's cruel disappointments. When two strangers arrive for temporary stay among the permanent residents, they're welcomed with no questions asked. There's another new resident in town. A crime boss. And he doesn't like the close watch Robinson and Spears keep over Gloucester. Local criminals are turning up dead. Teaming up with Sheriff Spears and three fearless residents, Robinson beings a risky defense of his town, his chosen family, and his home.



AFTER ANNIE: A NOVEL

Anna Quindlen Hotlist

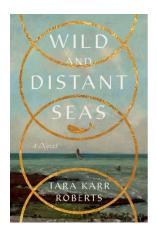
When Annie Brown dies suddenly, her husband, her four young children and her closest friend are left to struggle without the women who centered their lives. Yet over the course of the next year, while Annie looms large in their memories, everyone is able to grow, to change, even to become stronger and more sure of themselves. The enduring power of Annie gave to those who loved her is the power to love, and to go on without her.



RANDOM IN DEATH: AN EVE DALLAS NOVEL

J.D. Robb Hotlist

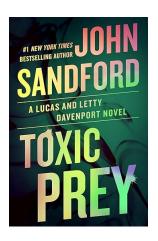
Jenna was at a New York club with her best friend having the best night of her life. It was the last night of her life. Lab results show a toxic mix of substance in the victim's body—and for an extra touch of viciousness, the needle was teeming with infectious agents. There are no obvious clues why this levelheaded sixteen-year-old would be targeted. And that worries Lieutenant Eve Dallas. Because if Jenna wasn't targeted, if she was just the random, there are likely more deaths to come.



WILD AND DISTANT SEAS: A NOVEL

TARA KARR ROBERTS Hotlist

Evangeline Hussey has made a home for herself on Nantucket, though she knows she is still an outsider to the island's small, close-knit community, one that by 1849 has started to feel the decline of a once-thriving whaling industry. Her husband, Hosea, and the life they built together, was once all she needed—but now Hosea is gone, lost at sea. Her choices ripple through generations, across continents, and into the depths of the sea, in a narrative that follows Evangeline and her descendants from mid-nineteenth century Nantucket to Boston, Brazil, Florence, and Idaho.



TOXIC PREY: A LUCAS DAVENPORT AND VIRGIL FLOWERS NOVEL

John Sandford Hotlist

Gaia is dying. That, at least, is what Dr. Lionel Scott believes. A renowned expert in tropical and infectious diseases, Scott has witnessed the devastating impact of illness and turmoil at critical scale. Society as it exists is untenable, and the direct link to Earth's death spiral; population levels are out of control and people have allowed disarray and disorder to run rampant. While most are concerned about deadly disease, Scott knows that it is truly humanity itself that will destroy Gaia. It's only by removing the threat then the planet can continue to prosper, and luckily, Scott is just the right man for the job...



LORE OF THE WILDS: A NOVEL

Analeigh Sbrana

Hotlist

In a land ruled by ruthless Fae, twenty-one-year-old Lore Alemeyu's village is trapped in a frosted prison. But when her village is threatened, Lore makes a desperate deal with a Fae Lord. She will leave her home to catalog/organize an enchanted library that hasn't been touched in a thousand years. As Lore navigates the hostile world outside, she's forced to rely on two Fae males to survive. Two very different, dangerous, very attractive Fae males. When undeniable chemistry ignites, she's not just in danger of losing her life, but her heart to the very creature she can never trust.

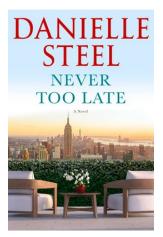


SINCE SHE'S BEEN GONE: A NOVEL

Sagit Schwartz

Hotlist

Losing her mother to a hit-and-run at age 15 threw Beatrice "Beans" Bennett's life into a turmoil. Bereft, she developed a life-threatening eating disorder, and went through a challenging recovery process which paved the way of her work as a clinical psychologist decades later. When a new patient arrives at her office and insists that Bean's mother is still alive—and in danger—Beans is forced to revisit her past in order to uncover her truth. In a race against time—and her mother's assailants—Beans discovers that, like herself, her mother had a devastating secret.



NEVER TOO LATE: A NOVEL

Danielle Steel

Hotlist

Recently widowed Kezia cooper Hobson is determined to make a fresh start. As Kezia settles into her New York apartment, she meets her movie-star next-door neighbor, Sam Stewart. Just a couple of weeks after she arrives, however, a devastating crisis strikes New York City. Kezia and Sam find themselves connecting over their strong impulse to help those in need. As they share a life-threatening experience of volunteering, a bond is sparked and a friendship is formed. Kezia is learning that the changes she's making are just what she needs to open new horizons.



GHOST STATION

S.A. Barnes

Second Choice

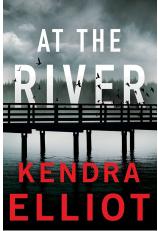
Psychologist Dr. Ophelia Bray had dedicated her life to the study and prevention of ERS—a space-based condition most famous for a case that resulted in the brutal murders of twenty -nine people. When she's assigned to a small exploration crew, she's eager to make a difference. But as they begin to establish residency on an abandoned planet, it becomes clear that crew is hiding something. Terrified that history will repeat itself, Ophella and the crew must work together to figure out what's happening. But trust is hard to come by-and the crew isn't the only one keeping secrets.



CROWN OF STARLIGHT

Cait Corrain Second Choice

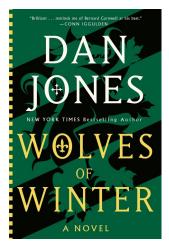
Raised amongst monsters, Ariadne Tholos, Crown Princess of the interstellar Cretan Empire, finds herself on the run—and in desperate need of a miracle. Enter Dionysus-the exiled god of wine, madness, and revelry. He needs a Cretan royal to join his cult in order to end his banishment and return home to Olympus. Their meeting is the opportunity he's been waiting for. Ariadne will marry Dionysus and "join" his cult. A life of repression has left her unprepared for how powerfully Dionysus' uninhibited debauchery will call to her darkest desires and make her question parts of her identity she's kept locked away her entire life.



AT THE RIVER

KENDRA ELLIOT Second Choice

Twenty years ago, five teenage campers disappeared. Only Devin Bonner miraculously survived, but with no memories of what happened. After decades, the cold case generates heat for FBI Special Agents Mercy Kilpatrick and her husband, Police Chief Truman Daly. They're investigating the murder of a true-crime podcaster found at the river's edge in the same location, and with the exact same manner of death. Following a trail of fresh blood and an escalating series of murders, Mercy and Truman must work fast to unlock whatever traumas are buried in Devin's memories before the secrets of the past claim another victim.



WOLVES OF WINTER

Dan Jones Second Choice

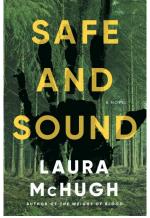
Caught up in the siege of Calais, in the midst of a brutal eleven-month blockade of a small port on the French coast, they are no longer blindly walking into the unknown. But the men still have more questions than answers about what faces them—and why. The Dogs aren't paid to ask questions but in their work, they have the means to make people talk. Soon, their journey will reveal who really wants this war to last for a hundred years. And as the battle rages, they hear the first, faint, chesty rattle of a natural disaster that is sweeping towards the Dogs and their world.



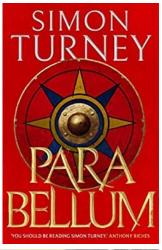
A WITCH'S GUIDE TO MAGICAL INNKEEPING: A NOVEL

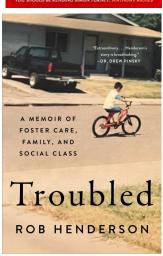
Sangu Mandanna Second Choice

Sera Swan was once one of the most powerful witches in Britain. Then she resurrected her great-aunt Jasmine from the dead, lost most of her magic, befriended a semi-villainous talking fox, and was exiled from her magical Guild. When she learns about an old spell book that could hold secret to restoring her power, she finds herself turning to Luke Larsen, a gorgeous and icy historian who might be the only person who can help her unlock the book's mysterious.









SAFE AND SOUND: A NOVEL

Laura McHugh

Second Choice

As kids, Amelia and Kylee were found unharmed the night their teenage cousin Grace, who was babysitting them, vanished. Her disappearance was a warning to any local girl who dared hope for better. Now, as their own high school graduation looms, Amelia and Kylee dream about getting out of Beaumont. When human remains are discovered in town, the sisters think they finally know who took Grace—but as they dig deeper into her past, they unearth long-buried secrets and a growing list of suspects.

THE SEVEN SKINGS OF ESTHER WILDING

Holly Ringland

Second Choice

The last time Esther Wilding's beloved older sister Aura was seen, she was walking along the shore towards the sea. In the wake of Aura's disappearance, Esther's family struggles to live with their loss. To seek the truth about her sister's death, Esther reluctantly travels from Lutruwita (Tasmania) to Copenhagen, and then to the Faroe Islands, following the trail of the stories Aura left behind: seven fairy tales about selkies, swans, and women, alongside cryptic verses Aura wrote and had secretly tattooed on her body.

PARA BELLUM

Simon Turney

Second Choice

AD 381. Five years have gone by since a Roman governor ordered the deaths of a Gothic king and his attendants at a feast in their honour. This disastrous act led to warfare in the Roman Empire and the death of the Emperor Valens. The Empire is now at peace, but the powerful brother of the murdered king has sworn revenge on the regicides, and will not rest until they are hunted down. For eight legionaries who carried out of the killings, the bloodshed is only just beginning.

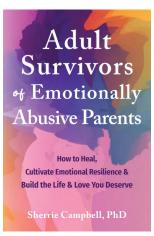
TROUBLED: A MEMOIR OF FOSTER CARE, FAMILY, AND SOCIAL CLASS

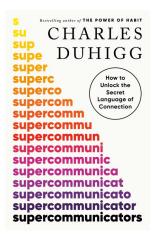
Rob Henderson

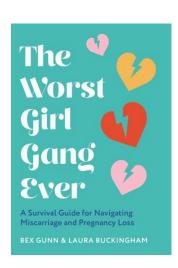
Non-Fiction | Second Choice | 150 Hen

Rob Henderson was born to a drug-addicted mother and a father he never met, ultimately shuttling between ten different foster homes. Divorce, tragedy, poverty, and violence marked his adolescent and teen years, propelling Henderson to join the military upon completing high school. As he navigates the peaks and valleys of social class, Henderson finds that he remains on the outside looking in. He argues that stability at home is more important than external accomplishments, and he illustrates the ways the most privileged among us benefit from a set of social standards that actively harm the most vulnerable.









WATER CONFIDENTIAL: A MEMOIR ABOUT FIRST NATIONS' DRINKING WATER AND JUSTICE

Susan Blacklin

Non-Fiction | Hotlist | 363.3 Bla

Susan Blacklin revisits the important work of her late ex-husband, Dr. Hans Peterson. Beginning in 1996, Peterson brought attention to the desperate need for equal access to safe drinking water after a health inspector encouraged him to visit the Yellow Quill First Nation. Thirty years later, the majority of First Nations communities in Canada continue to face atrocious health issues as a result of unsafe drinking water. Blacklin reveals the complexities of negotiating between cultures, communities, and the provincial federal government.

ADULTS SURVIVORS OF EMOTIONALLY ABUSIVE PARENTS: HOW TO HEAL, CULTI-VATE EMOTIONAL RESILIENCE, AND BUILD THE LIFE AND LOVE YOU DESERVE

Sherrie Campbell

Non-Fiction | Hotlist | 362.76 Cam

Few things in the world have a more profound effect on your life than the parents who raised you. When your parents are pathologically self-centered, manipulative, or emotionally abusive, the pain they cause is deep and often difficult to put into words. This compassionate guide will help you gain a greater understanding of what happened in your past; transform deep pain into emotional resilience; and build the loving, meaningful relationship with yourself that you deserve. You'll also learn to set boundaries with others, assert your needs, and overcome emotional avoidance to develop warm, loving relationships with others.

SUPERCOMMUNICATORS: HOW TO UNLOCK THE SECRET LANGUAGE OF CONNECTION

Charlies Duhigg

Non-Fiction | Hotlist | 153.6 Duh

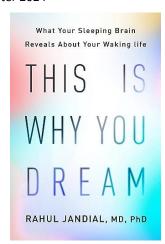
Charles Duhigg argues there is a science to how humans beings connect through words. They understand that whenever we speak we're actually participating in three distinct conversations: What is this really about? How do we feel? And who are we? Duhigg shows readers how to recognize these three conversations—and teaches us the skills we need to navigate them more successfully. We learn how to recognize and leverage the hidden layers that lurk beneath every conversation. In the end, we learn a simple but powerful lesson: we can connect with anyone, as long as we understand how conversations work.

THE WORST GIRL GANG EVER: A SURVIVAL GUIDE FOR NAVIGATING MISCARRIAGE AND PREGNANCY LOSS

Bex Gunn & Laura Buckingham

Non-Fiction | Hotlist | 618.3 Gun

Following pregnancy loss, it can feel like you've forgotten how to speak and need to learn a new language. You can tell your story to a room full of people but if no one speaks this new language, they won't understand. They will try but ultimately, they won't fully grasp what you are saying. The ultimate guide to recovery after miscarriage and baby loss with guidance from experts in mindfulness, grief, therapy and relationships.



THIS IS WHY YOU DREAM: WHAT YOUR SLEEPING BRAIN REVEALS ABOUT YOUR WAKING LIFE

Rahul Jandial

Non-Fiction | Hotlist | 612.82 Jan

Dreaming is one of the most deeply misunderstood functions of the human brain. Yet recent science reveals that our very survival as a species has depended on it. Rahul Jandial explores the landscapes of our subconscious, showing why humans have retained the ability to dream across millennia and how we can harness its wonderous powers in both our sleeping and waking lives. This book opens the door to one of our oldest and most vital functions, and unlocks its potential to impact and radically improve our lives.