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The Unexpected Joy Of Being Sober Discovering A Happy Healthy Wealthy Alcohol Free Life

Traditional Chinese edition of Leaders Eat Last: Why Some Teams Pull Together and Others Don't by Simon Sinek. Sinek is the author of "Start with Why: How Great Leaders Inspire Everyone to Take Action," and a popular TED talk speaker. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

The Unexpected Joy of Being Sober Discovering a happy, healthy, wealthy alcohol-free life Aster Abigail has driven other suitors away, but can Micah find a way to show her he cares? Being a caregiver for Micah Zook's grandmother is the answer to Abigail's prayers. In fact, the elderly lady keeps finding ways to set Abigail up with her grandson. Despite Abigail's constant chatter, Micah realizes he's beginning to care for her—until he makes a decision that leaves her feeling betrayed. With Christmas in their midst, can Micah find a way to reconcile with Abigail and to reveal the true feelings of his heart?

As her twenty-second birthday approaches, Elizabeth Bennet finds herself preoccupied with the notion that perhaps she was never meant to find a husband who would be the object of the 'very

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deepest love” that she wishes for. While her friends and even her younger sisters begin to find their matches, Hertfordshire beings to feel stifling and small. When an early spring holiday with her aunt and uncle turns unexpectedly wintry, Elizabeth is presented with a choice. A practical one, to be sure, but a choice. But would such a marriage to a young man from a ‘good family’ be enough to make her happy? But after a daring rescue on an ice-covered lake, Elizabeth’s thoughts stray ever more often toward a stoic widower with a young daughter—a Mr. Fitzwilliam Darcy—who lives alone with his child in an estate not far from where Elizabeth is staying. Can Elizabeth put her feelings aside and make a decision that would leave her wondering what could have been? Or will she bend to the wishes of her parents and the practical choice presented to her... “An Unexpected Joy” is a sweet and clean Pride and Prejudice holiday variation that is suitable for all lovers of Jane Austen’s classic.

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Unexpected Date Summary: Holly and Dave have put an offer on their dream house, and they're in for an unexpected joy.

Traditional Chinese edition of Amazon #1, New York Times bestselling novel THE SHACK by William P. Young (originally written for his children). This compelling novel invites to a journey to the grace of God and reconciliation with Him. With a hardened broken heart, Mac, a mid-aged father who is suffering from the loss of his daughter during a family vacation, receives a note and decides to go to the shack where his daughter was murdered.

Paddy is the only son of perhaps the most famous pigeons in all of England. In somewhat unusual circumstances, he finds himself alone, on a journey of self-discovery, on the wintry, unforgiving streets of London. His destination? Trafalgar Square, aka pigeon paradise. It should be fairly easy, especially for a bird, but when Paddy accidentally steps on a Eurostar train, he's whisked off to Paris. If he ever makes it home, will he live up to the successes of his parents? Will he find paradise? Will he become his own bird? Expect lots of absurdly unexpected birdy behaviour: cooking, philanthropy, fashion design, with a dash of romance, a helping of skullduggery, and, perhaps more expectedly, copious amounts of birdpoo. A great read for young and old alike. Check out callumpbrown.com for the audio edition.

Traditonal Chinese Edition of [The Pull of the Stars]. A novel about the flu pandemic a hundred years ago, but it

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reads completely in line with the present, depicting the same frustrations, tensions, hopes, and dangers of the present and the past.

Sehnsucht: The C. S. Lewis Journal, established by the Arizona C. S. Lewis Society in 2007, is the only peer-reviewed journal devoted to the study of C. S. Lewis and his writings published anywhere in the world. It exists to promote literary, theological, historical, biographical, philosophical, bibliographical and cultural interest (broadly defined) in Lewis and his writings. The journal includes articles, review essays, book reviews, film reviews and play reviews, bibliographical material, poetry, interviews, editorials, and announcements of Lewis-related conferences, events and publications. Its readership is aimed at academic scholars from a wide variety of disciplines, as well as learned non-scholars and Lewis enthusiasts. At this time, Sehnsucht is published once a year.

In each of these vignettes illustrating Lisa's overextended life, we learn that even in the middle of our own pure motives and hectic schedules, it is only by resting in God's sovereign mercy that we are able to keep risking our hearts to serve his people and fulfill the callings he has placed on us.

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You're writing a book. But as it turns out, writing a book is difficult! In your head, the narrative is grand and beautiful--some might even say epic, majestic, a story for the ages! But as you're rereading what you've got so far, you find yourself... disappointed. It's not at all how you imagined it, with choppy language, weak characters, and thin description of the setting. It lacks depth and form, but you don't exactly know how to fix it. Writing and revising fiction is challenging, and the strategies for doing it well are varied and highly subjective. And the truth is, there's no single "right way" to craft a narrative. So how do you do it? How do you take what seems like a brilliant idea for a story and craft it into something wonderful, that truly represents what you know you're capable of? How do you add the depth and elegance that will have people reading your book for decades to come? In the book *The Intersection of Setting and Story*, delve into the craft of creating compelling fiction with A.J.

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author

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Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In Catherine Gray's hilarious, insightful, soulful (and very ordinary) next book, you may learn to do just that. We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. 'Enough' is a moving target we never quite reach. When we do brush our fingertips against the extraordinary a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that, after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event. So, what's the answer? The Unexpected Joy of the Ordinary theorizes that the solution is rediscovering the joy in the ordinary that we so often now forget to feel. Because we now expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause. Catherine Gray was a grandmaster in the art of eye-rolling the ordinary, and skilled in everlasting reaching. Until the black dog of depression forced her to re-think everything. Along the way, she discovered some surprising realities about the extraordinaries among us: that influencers risk higher rates of anxiety and depression and high-rollers are less happy. Single in your late twenties or, hold the phone, in your thirties or beyond? Oh hi! You're in the right place. Over a third of us are now single. With the single camp growing at ten times the rate of the

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actual population, it is now the norm to be single well into our thirties - the average marriage age for women is 35 and 37 for men. But nobody seems to have told society, romcom makers, songwriters, marriage-hungry mothers, 'tick-tock' uncles, our mates or us that. Cue: single anxiety. Love addiction. Spending hours scrolling through dating apps. Being inconsolable when he/she doesn't text. Humming 'Here Comes the Bride' when they do. Catherine Gray went through all of this. And then some. She took a whole year off dating to get her love-hooked head straight. How do we chill our boots about our single status? Detach from 'all the good ones are gone!' panic? And de-programme from urgent, red, heart-shaped societal pressure to find your 'other half*'? We know intellectually that single is far preferable to panic-settling, yet we forget that almost constantly. Why? Psychologists and neuroscientists tell us? Let's start the reverse-brainwash and locate our happily-single sanity, for good. Are you in?

*Spoiler: you're already a whole person.

A guided sobriety journal for motivation, with prompts and reminders for Dry January, Sober Spring and beyond. Whether you are going cold turkey or trying your sober-curious hand at Dry January this year, Catherine Gray provides an ideal practical solution with *The Unexpected Joy of Being Sober Journal*. Packed with motivational prompts and reminders, this guided sobriety journal

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encourages you to be present, slow down your thoughts, identify your patterns and, most importantly, be honest with yourself. There is a growing body of research that supports the positive benefits of journaling, be it helping you to stick to your goals or drastically improving your mood and emotional wellbeing. In fact, the healing power of journaling has been proven to be so beneficial that the co-founders of Alcoholics Anonymous have incorporated it into the famous 12 Step Program. Gray's refreshing and easy-to-follow strategies will inspire you to kick the drink and live a sunshine warm sober life.

'Exquisite' - Fearne Cotton 'A paean to the longer-term pleasures of staying booze-free' - The Guardian
'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'Stone cold sober.' Sounds horrible, doesn't it? Hard, icy. Brrrrr. No bloody ta. However, as the millions who choose to stay sober now know, the propaganda around drinking and sobriety is wonky. Sober doesn't feel stony, or cold. Retired wreckhead Catherine Gray, author of surprise bestseller *The Unexpected Joy of Being Sober*, is now in her eighth sober year and has learnt a damn sight more. This hotly anticipated sequel enlists the help of experts and case studies, turning a curious,

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playful gaze onto provocative questions. Is alcohol a parenting aid? Why are booze and cocaine such a horse and carriage? Once an addict, always an addict? How do you feel safe - from alcohol, others and yourself - in sobriety? Whether you're a dedicated boozehound, flirting with teetotalling, or already sober, this witty, gritty read may just change how you think about alcohol forever. Praise for The Unexpected Joy of Being Sober: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

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breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In The Unexpected Joy of Being Sober, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book.

Being a happy mom isn't about sailing through motherhood. It's not about having it all together or having the best kids. Parenting can be chaotic, stressful, and complicated. There are temper tantrums and sibling squabbles. There is self-doubt and frustration, even fear and uncertainty. But there is also laughter and love . . . and, yes, even bliss. Finding Mommy Bliss-Discovering Unexpected Joy in Everyday Moments helps moms take steps toward the parental happiness that can sometimes be hiding at the bottom of the laundry pile. Author Genny Heikka includes stories from her own experiences as a parent, along with practical advice, tips, and questions that moms can explore on their own or in a group setting. Filled with the humor, heartache, and humbling realizations that only parenting can bring, Finding Mommy Bliss makes for an encouraging, easy read for the busy mom who needs a few minutes of inspiration.

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