

Sophies Flower Shop Solutions

Spiritual Cleansing Grace The Girl Who Could Not Dream The BFG (Colour Edition) Sophie's World The Tiara on the Terrace A World Without Princes Commercial Directory True to Your Selfie Cozy Amamani Puzzle Balls Justine's Blood Accept the Good Sophie Washington: Queen of the Bee The Diva Wraps it Up Something Missing Cambridge Primary English Stage 1 Learner's Book Sophie's Universe Sweet Thirteen Sophies Patch Uzbekistan How to Be a Conscious Eater The Curse in the Candlelight (Scarlet and Ivy, Book 5) Devoured Sophie's Magic Underwear Pit Bull Flower Power Secrets & Deceptions Garden of Stones Sixteenth Summer What Happened to Sophie Wilder A Forget-Me-Not Summer Ma! There's Nothing to Do Here! At the Heart of the White Rose The Cop and the Anthem Uzbekistan Constructed The Land of Ingary Trilogy (includes Howl's Moving Castle) Welfare and Families in Europe Shopaholic to the Stars Gorgeously Green

Spiritual Cleansing

In this funny, clever novel, perfect for fans of Pseudonymous Bosch and Gordon Korman and a companion to *The Wig in the Window*, tween sleuths Sophie Young and Grace Yang go undercover at Luna Vista's Winter Sun Festival to catch a murderer before he—or she—strikes again. Sophie Young and Grace Yang have been taking it easy ever since they solved the biggest crime Luna Vista had ever seen. But things might get interesting again now that everyone is gearing up for the 125th annual Winter Sun Festival—a town tradition that involves floats, a parade, and a Royal Court made up of local high school girls. When Festival president Jim Steptoe turns up dead on the first day of parade preparations, the police blame a malfunctioning giant s'more feature on the campfire-themed float. But the two sleuths are convinced the mysterious death wasn't an accident. Young and Yang must trade their high tops for high heels and infiltrate the Royal Court to solve the case. But if they fail, they might just be the next victims.

Grace

Cambridge Primary English is a flexible, endorsed course written specifically to support Cambridge International Examinations' curriculum framework (Stages 1-6). The resources are aimed at first language English learners, encouraging them to actively explore, use and apply their core listening, speaking, reading and writing skills through individual, pair and group work. Engaging activities provide opportunities for differentiated learning and promote creativity and critical thinking. Lively international fiction, non-fiction and poetry texts are the basis for teaching reading and writing skills, including comprehension, grammar, punctuation, phonics, spelling and handwriting. Learners also practise their spoken English to build vocabulary and confidence through class and group discussion. Each stage contains three core components (Learner's Book, Activity Book, and Teacher's Resource Book with accompanying CD-ROM) which are fully integrated and offer a complete solution to teaching Cambridge Primary English. Also available are Phonics Workbooks A and B, providing an essential foundation in phonics skills.

The Girl Who Could Not Dream

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

The BFG (Colour Edition)

DON'T LISTEN TO HER Anabel has found a friend in the most unlikely of places: a mental hospital. Justine is seventeen, a year older than Anabel, but they share the same demons. They help each other, and for a while, Anabel thinks that her life is moving forward. But there is more to Justine than meets the eye. The bandages that cover her limbs hide wounds that bleed without reason, and rumors about her origin spread like wildfire. People speak of a possible connection between Justine and the infamous Golden-Hour killer. And then, a detective arrives, meaning to take Justine away. Anabel doesn't want to believe the rumors, or lose her only friend, but-- something changes. Anabel's doubts and fears take on a new voice, one that comes from the shadows. It warns her about a great trial that is coming and the horrible poison Justine carries in her veins. **THEY'RE COMING FOR YOU M.** Kirin presents Justine's Blood, Book One of The Golden Hour, an upcoming serialized novella about friendship and the demons we carry in our hearts.

Sophie's World

Sophie's Universe was originally released as a 20-part CAL (crochet-along) in 2015, designed by Dedri Uys and sponsored by Scheepjes yarn. It is now available in printed format exclusively from Annie's! Despite its complexity, the pattern is actually written specifically for adventurous beginners. It starts out with a simple granny square that has a beautiful crochet flower in the center and gradually unfolds into a stunning, hypnotizing design.

The Tiara on the Terrace

Previously published as 'Her Forget-Me-Not Ex' (2012). The cosy and charming second novel from Sophie Claire, author of The Christmas Holiday. A perfect read for fans of Trisha Ashley and Cathy Bramley!

A World Without Princes

Amamani is short for Amigurumi Amish Animals. They are based on the traditional Amish puzzle ball, and, as such, come apart into three segments, or rings, which have to be assembled to form your animal. Gauge isn't important in these projects; however, it is important that you work as tightly as you comfortably can. Helpful tips and step-by-step photos are included in this pattern book. Each of the six designs is stitched in segments using Deborah Norville Everyday Premier yarn, is stuffed with polyfiberfill, and includes a pair of safety eyes. Animals included are Dinosaur, Elephant, Giraffe, Turtle, and two versions of Lion.

Commercial Directory

A New York Times Bestseller! A group of clever animals find an unusual but warm and furry home during Alaska's long winter in Jan Brett's newest snowy adventure. Cozy is the softest musk ox in Alaska, with the warmest fur you ever did feel. When a storm hits while he's separated from his family, he starts to feel lonely--but not for long. As the snow piles up, animals start to notice just how warm and cozy Cozy really is! One mama lemming has a bright idea . . . maybe the best place to spend the winter is under Cozy's fur! As more and more animals burrow in, Cozy adds to the house rules: quiet voices, gentle thumping, claws to yourself, no biting, and no pouncing. That seems easy enough . . . until the lemmings, snowshoe hare, snowy owl, arctic fox, and wolverine begin to bicker. Luckily, signs of spring soon appear, and that means Cozy can find his herd and his new friends can head to their summer homes. But not before promising to get cozy with Cozy next year! Jan Brett brings a new lovable character to life through this gorgeous tale of sharing, friendship, and living in harmony.

True to Your Selfie

A heartfelt exploration of faith and love and friendship, What Happened To Sophie Wilder is a beautiful, absorbing work about the redemptive power of storytelling: a literary love story. Charlie Blakeman has just published his first novel, to almost no acclaim. He's living on New York's Washington Square, struggling with his follow-up, and floundering within his pseudointellectual coterie when his college love, Sophie Wilder, returns to his life. Sophie is also struggling, though Charlie isn't sure why, since they've barely spoke, after falling out a decade before. Now Sophie begins to tell Charlie the story of her life since then, particularly the story of the days she spent taking care of a dying man with his own terrible past and of the difficult decision he forced her to make. When she disappears once again, Charlie sets out to discover what happened to Sophie Wilder. Christopher Beha's debut novel explores faith, love, friendship, and, ultimately, the redemptive power of storytelling.

Cozy

When Michael and Symone Keenan died, their Will stipulated that Michael's brother Adam raise their children. Initially he's relieved because they didn't have any children - then the lawyer tells him that Symone's twin sister Sophie was their surrogate and is carrying their child. Adam doesn't want the child, never wanted to be tied down by any kind of a family but when he hears Sophie's parents conspiring to take the child away from Sophie, Adam does the unthinkable: he asks Sophie to marry him. Sophie surprises herself by accepting Adam's proposal. She wants to keep her baby and discovers quickly that she can trust Adam with her secrets, her past and her heart. Together they discover that sometimes two broken people can do nothing else but simply accept the good they bring to each other's lives as they fight through their childhood demons and become whole together.

Amamani Puzzle Balls

"The story of an obsessive-compulsive housebreaker whose every waking moment is jam-packed with finicky clockwork ritual--the kind of intense micro-planning that might have made even Napoleon back off--Matthew Dicks has created an unforgettable character that will have you torn between wanting to throttle him--or adopt him." --Alan Bradley, author of the New York Times bestselling Flavia de Luce novels

A career criminal with OCD tendencies and a savant-like genius for bringing order to his crime scenes, Martin considers himself one of the best. After all, he's been able to steal from the same people for years on end—virtually undetected. Of course, this could also be because of his unique business model—taking only items that will go unnoticed by the homeowner. After all, who would notice a missing roll of toilet paper here, a half-used bottle of maple syrup there, or even a rarely used piece of china buried deep within a dusty cabinet? Even though he's never met these homeowners, spending hours in their houses, looking through their photo albums and reading their journals, he feels like he knows them. So Martin decides to meddle more in their lives—playing the part of a rather odd guardian angel—even though it means breaking many of his neurotic rules. In this hilarious, suspenseful and often profound novel about a man used to planning every second of his life, Martin comes to realize that life is much better lived on the edge (at least some of the time).

Justine's Blood

This bestselling Weiser classic is a spiritual first aid manual filled with hundreds of recipes, rituals, and practical ways to rid your home, office, and self of negative energy. *Spiritual Cleansing*, now in a new paperback edition, featuring a new foreword by Judika Illes, author of *The Encyclopedia of 5,000 Spells*, is a guide for anyone who wants to keep their lives and their environment spiritually clean and protected.

Accept the Good

Readers will feel they know someone just like the characters in this timely novel on social status and social media. Steen Sand, CEO of Stensure Networks, is the head honcho at an IT firm that's developed an Internet service to monitor, compute, and publish people's social status. His chief operating officer, Irene Lund, serves as his muse. He needs her to be part of his world, or he can't achieve anything of significance. But does she feel the same? Chief financial officer, Michael Jensen, is a hard-core pessimist who has learned the hard way not to speak up against the status quo, in spite of his natural inclination to do so. Jensen's a numbers guy. He relates to spreadsheets better than he does to people. Will this cost him in the end? Louise Hald, chief marketing officer, joined Stensure's management team after leaving her post as an assistant professor at a business school. She's beginning to wonder if she'll ever move past the "assistant" part in the eyes of her coworkers. What can she do to ensure she gets ahead? And then there's Sophie Bech. She's made the long trip back to Denmark from South Africa for her own private reasons, and everything looks different to her now. She wonders what her return will hold for her. Was it a mistake? Will her fresh set of eyes--and values--help or hinder the team? Reductionism--understanding complex things by reducing them to fundamental parts and interactions--comes up against social status, so subtle, intricate, and sought-after, in this intriguing modern-day novel. Will these

characters-and their supporting players-make the changes they need to survive in today's world? Or will they succumb to the allure of using easy but underhanded methods to get ahead?

Sophie Washington: Queen of the Bee

A provocative look at how and what Americans eat and why—a flavorful blend of *The Omnivore's Dilemma*, *Salt Sugar Fat*, and *Freakonomics* that reveals how the way we live shapes the way we eat. Food writer and Culinary Institute of America program director Sophie Egan takes readers on an eye-opening journey through the American food psyche, examining the connections between the values that define our national character—work, freedom, and progress—and our eating habits, the good and the bad. Egan explores why these values make for such an unstable, and often unhealthy, food culture and, paradoxically, why they also make America's cuisine so great. Egan raises a host of intriguing questions: Why does McDonald's have 107 items on its menu? Why are breakfast sandwiches, protein bars, and gluten-free anything so popular? Will bland, soulless meal replacements like Soylent revolutionize our definition of a meal? The search for answers takes her across the culinary landscape, from the prioritization of convenience over health to the unintended consequences of “perks” like free meals for employees; from the American obsession with “having it our way” to the surge of Starbucks, Chipotle, and other chains individualizing the eating experience; from high culture—artisan and organic and what exactly “natural” means—to low culture—the sale of 100 million Taco Bell Doritos Locos Tacos in ten weeks. She also looks at how America's cuisine—like the nation itself—has been shaped by diverse influences from across the globe. Devoured weaves together insights from the fields of psychology, anthropology, food science, and behavioral economics as well as myriad examples from daily life to create a powerful and unique look at food in America.

The Diva Wraps it Up

Discover the the land of Ingary, where magic and adventure awaits Howl's Moving Castle is the first book in this spellbinding trilogy from 'the Godmother of Fantasy', Diana Wynne Jones.

Something Missing

While some try to get out of prison, Soapy, the only character in O. Henry's short story, tries to get into it. Soapy is a homeless guy who prefers the warm cell to the cold night under the New York sky. He does everything he can think of in order to draw the attention of the police. However without any success. Until he hears a magical organ anthem. How will this story develop? Will Soapy manage to get into jail or he will find another way to sort out his life? "The Cop and the Anthem" is a comical short story with a touch of irony which emphatically presents the lower class and the obstacles man has to face. William Sidney Porter (1862-1919), known simply as O. Henry, was a prolific American author of humorous literary pieces. His fame came exceptionally quickly and he became a bestselling author of short story collections, among the most famous being "Cabbages and Kings", "The Voice of the

City", and "Strictly Business." As a result of the outstanding literature legacy that O. Henry left behind, there is an American annual award after his name, given to exceptional short stories.

Cambridge Primary English Stage 1 Learner's Book

Secrets & Deceptions tells a rich and emotional story of three generations of women and the men in their lives. Beginning in Germany just before WWII and ending in the 21st century, the novel recounts tales of success and defeat, love and rejection, life and death, and family in the lives of Hannah, Sophie, and Madeleine. Following in the style of writers such as Anais Nin and Erica Jong, the book explores sexuality and the mores of each generation. This entertaining and compelling book also recounts the horrors of Nazi Germany and its impact on survivors and their families. Secrets & Deceptions personalizes survivor guilt through the poignant story of Leo, Sophie's husband and Madeleine's father.

Sophie's Universe

Idealistic, serious, and sensible, Hans and Sophie Scholl joined the Hitler Youth with youthful and romantic enthusiasm. But as Hitler's grip throttled Germany and Nazi atrocities mounted, Hans and Sophie emerged from their adolescence with the conviction that at all costs they must raise their voices against the murderous Nazi regime. In May of 1942, with Germany still winning the war, an improbable little band of students at Munich University began distributing the leaflets of the White Rose. In the very city where the Nazis got their start, they demanded resistance to Germany's war efforts and confronted their readers with what they had learned of Hitler's "final solution": "Here we see the most terrible crime committed against the dignity of humankind, a crime that has no counterpart in human history." These broadsides were secretly drafted and printed in a Munich basement by Hans Scholl, by now a young medical student and military conscript, and a handful of young co-conspirators that included his twenty-one-year-old sister Sophie. The leaflets placed the Scholls and their friends in mortal danger, and it wasn't long before they were captured and executed. As their letters and diaries reveal, the Scholls were not primarily motivated by political beliefs, but rather came to their convictions through personal spiritual search that eventually led them to sacrifice their lives for what they believed was right. Interwoven with commentary on the progress of Hitler's campaign, the letters and diary entries range from veiled messages about the course of a war they wanted their country to lose, to descriptions of hikes and skiing trips and meditations on Goethe, Dostoyevsky, Rilke, and Verlaine; from entreaties to their parents for books and sweets hard to get in wartime, to deeply humbled and troubled entreaties to God for an understanding of the presence of such great evil in the world. There are alarms when Hans is taken into military custody, when their father is jailed, and when their friends are wounded on the eastern front. But throughout--even to the end, when the Scholls' sense of peril is most oppressive--there appear in their writings spontaneous outbursts of joy and gratitude for the gifts of nature, music, poetry, and art. In the midst of evil and degradation, theirs is a celebration of the spiritual and the humane. Illustrated with photographs of Hans and Sophie Scholl and their friends and co-conspirators.

Sweet Thirteen

Charlotte's thrilled -- Sophie's on her way from Paris to meet the BSG, and Charlotte's writing a special story as a welcome gift. But is the fashionable teen who shows up at the airport the BFF Charlotte once knew? Everyone at Abigail Adams Junior High goes wild for Sophie's style, Dillon falls head over heels, and Charlotte worries that her sophisticated friend is too cool for her! Meanwhile, Maeve is dreaming of a blowout Bat Mitzvah her parents simply can't afford. Can the BSG come to her rescue?

Sophies Patch

Sophie Watson investigates when a series of unfortunate mishaps, including a murder at the cookie swap, plague the holiday season.

Uzbekistan

The most detailed guide to Uzbekistan, featuring both legendary Silk Road sites and little-known destinations.

How to Be a Conscious Eater

Nine-year-old Grace likes having a plan but she must find a way to be flexible and open to new ideas when she goes to Paris with her mother and has trouble getting along with her cousin, while at home her friends start the business she proposed without her.

The Curse in the Candlelight (Scarlet and Ivy, Book 5)

A baby waiting to be born describes the boredom of living in a cramped space where there are no toys and no one else can be "it" during a game of tag, then considers how life will change after it is born.

Devoured

Are you confused by all the advice you hear and see daily on how to "go green"? Do you want to incorporate earth-friendly practices into your life, but you don't know where to start? Don't stress! Green guru Sophie Uliano has sorted through all the eco-info out there and put everything you need to know about living a green lifestyle right at your fingertips. In *Gorgeously Green*, Sophie offers a simple eight-step program that is an easy and fun way to begin living an earth-friendly life. Each chapter covers topics from beauty to fitness, shopping to your kitchen—even your transportation. Whether it's finding the right lipstick, making dinner, buying gifts, or picking out a hot new outfit, finally, there is a book that tackles your daily eco-challenges with a take-charge plan. Just consider Sophie your go-to girl with all the eco-solutions. Find out how to: Green your entire beauty regime Detoxify your home Indulge in guilt-free shopping Adopt a home fitness routine Prepare eco-licious treats Give your kitchen a green makeover Become more aware of your impact on the earth The book's dozens and dozens of eco-friendly tips, products,

and practices combine to form a treasure trove of practical advice for every possible way to become stylishly green. Your questions about dressing, makeup, eating, shopping, cleaning, travel, and more are all answered right here. Adopting a green lifestyle is among the most positive, forward-thinking, and personally fulfilling choices that anyone can make—and Gorgeously Green shows that it doesn't have to be tedious, time-consuming, or glamourless!

Sophie's Magic Underwear

When best friends Sophie and Agatha return to a fairy tale world, they find that old enemies are no longer fighting, but a war begins to brew as an enemy arises from within.

Pit Bull Flower Power

After bombs rain down on Pearl Harbor, 14-year-old Lucy Takeda and her mother, Miyako, are rounded up--along with thousands of other innocent Japanese-Americans--and taken to the Manzanar prison camp where they endure abuse and harsh living conditions until Miyako makes the ultimate sacrifice. Original.

Secrets & Deceptions

This entertaining, illustrated, middle grade chapter book is the series opener. Sign up for the spelling bee? No way! If there's one thing 10-year-old Texan Sophie Washington is good at, it's spelling. She's earned straight 100s on all her spelling tests to prove it. Her parents want her to compete in the Xavier Academy spelling bee, but Sophie wishes they would buzz off. That's until her irritating classmate, Nathan Jones, challenges her. There's no way she can let Mr. Know-It-All win. Studying is hard when you have a pesky younger brother and a busy social calendar. Can Sophie ignore the distractions and become Queen of the Bee? Here's what Goodreads reviewers say about Sophie Washington: Queen of the Bee: "Another great Sophie Washington book. Super cute. My 11-year-old loves these books." "As someone with a 10-year niece who is in fifth grade like Sophie, I believe that she would love this book and the rest of the Sophie Washington series by Tonya Duncan Ellis." "This series will go far. The story is down to earth, realistic and easy to read." This is the first book in the Readers' Favorite five star rated Sophie Washington book series that includes: Sophie Washington: Queen of the Bee (Book 1) Sophie Washington: The Snitch (Book 2) Sophie Washington: Things You Didn't Know About Sophie (Book 3) Sophie Washington: The Gamer (Book 4) Sophie Washington: Hurricane (Book 5) Sophie Washington: Mission Costa Rica (Book 6) Sophie Washington: Secret Santa (Book 7) Sophie Washington: Code One (Book 8) Sophie Washington: Mismatch (Book 9) Sophie Washington: My BFF (Book 10) Kids Ages 8-12 Download your copy today!

Garden of Stones

"A perfect combination of adventure, humor, and pure imagination!" —Jessica Day George, New York Times best-selling author of Tuesdays at the Castle "Funny, scary, and endlessly inventive." —Bruce Coville, author of Jeremy Thatcher, Dragon

Hatcher Sophie loves the hidden shop below her parents' bookstore, where dreams are secretly bought and sold. When the dream shop is robbed and her parents go missing, Sophie must unravel the truth to save them. Together with her best friend—a wisecracking and fanatically loyal monster named Monster—she must decide whom to trust with her family's carefully guarded secrets. Who will help them, and who will betray them?

Sixteenth Summer

Inspiration and practical ideas from popular Gardening Australia presenter Sophie Thomson's very own patch. A gorgeous, inspirational and fun gardening book jam-packed with ideas, tips, projects and great advice all based around Sophie's own life and garden in the Adelaide Hills. Sophie has transformed what was once a dry, windswept cow paddock into a wonderful garden surrounding a historic stone cottage. But it's no mere showplace - it's a working garden that reflects all Sophie's passions: a kids' garden, an 'obsessive-compulsive' gardener's treasure trove, a recycled/repurposed garden, a haven for beneficial insects & bees, and a productive garden supplying her family with fruit and veg year-round. It's also a work in progress that everyone can learn from, including: Sophie's 10 guiding principles Planning your patch (soil, climate, waterwise gardening) Sophie's top plants The edible garden Garden structures that reduce, reuse and recycle - Sophie's garden has everything from an old tram carriage that now houses chooks to garden sculptures, a pizza oven and practical and striking 'gabion' walls, all made from recycled materials. Kids in the garden Wildlife gardening

What Happened to Sophie Wilder

A little girl explains how easy it is to use the potty and how exciting it is to wear big girl underwear.

A Forget-Me-Not Summer

For decades, pit bulls have been demonized by society and portrayed as hellhounds. They've become the most feared, hated, and abused of all companion animals. Some cities and even entire countries ban them, while the media persist in associating them with viciousness. This unjust reputation has sealed the fate of millions of dogs, who face prejudice around the world and languish in shelters, where they are the most euthanized. In America alone, hundreds of thousands of pit bulls are put to sleep every year. Since 2014, French photographer Sophie Gamand has been composing portraits of adoptable pit bulls from more than thirty shelters and rescues throughout the United States. Many had been waiting for years for a home. Adorning her models with handmade flower-crowns, Gamand tells each dog's story and celebrates their inherent personality, vulnerability, and individuality. Posted and shared widely on social media, the portraits--at once charming, candid, and deeply affecting--have not only led to hundreds of dogs finding loving, forever homes, but have also spurred efforts to destigmatize an animal whose reputation for violence says more about us than it does the character of the dogs themselves. Full of moving, honest, and inspiring stories of individual dogs and their lives (and deaths), Pit Bull Flower Power presents a vivid,

beautifully composed cross-section of Gamand's extraordinary work. The book also serves as a testament to the caring people who work in animal rescue, the passion and dedication of those who provide homes for these animals, and the dignity, forbearance, and love of these dogs, who are at the mercy of humans.

Ma! There's Nothing to Do Here!

Anna is dreading another tourist-filled summer on Dune Island that follows the same routine: beach, ice cream, friends, repeat. That is, until she locks eyes with Will, the gorgeous and sweet guy visiting from New York. Soon, her summer is filled with flirtatious fun as Anna falls head over heels in love. But with every perfect afternoon, sweet kiss, and walk on the beach, Anna can't ignore that the days are quickly growing shorter, and Will has to leave at the end of August. Anna's never felt anything like this before, but when forever isn't even a possibility, one summer doesn't feel worth the promise of her heart breaking....

At the Heart of the White Rose

The Cop and the Anthem

'Human beans is not really believing in giants, is they? Human beans is not thinking we exist.' On a dark, silvery moonlit night, Sophie is snatched from her bed by a giant. Luckily it is the Big Friendly Giant, the BFG, who only eats snozzcumbers and glugs frobscottle. But there are other giants in Giant Country. Fifty foot brutes who gallop far and wide every night to find human beans to eat. Can Sophie and her friend the BFG stop them?

Uzbekistan

Uzbekistan Travel Guide - Expert advice and holiday tips including Tashkent architecture and hotels, Silk Road history, Islamic art and textiles, museums and culture. Also included are detailed maps, trekking and hiking routes, touring by bike, public transport, archaeological sites like Samarkand and Bukara, Fergana Valley and Kyzylkum Desert.

Constructed

The most hilarious, charming, realistic story of middle-grade friendships you'll ever read, from Megan McCafferty, the mega bestselling, beloved author of Sloppy Firsts.

The Land of Ingary Trilogy (includes Howl's Moving Castle)

A radically practical guide to making food choices that are good for you, others, and the planet. Is organic really worth it? Are eggs ok to eat? If so, which ones are best for you, and for the chicken—Cage-Free, Free-Range, Pasture-Raised? What about farmed salmon, soy milk, sugar, gluten, fermented foods, coconut oil, almonds? Thumbs-up, thumbs-down, or somewhere in between? Using three

criteria—Is it good for me? Is it good for others? Is it good for the planet?—Sophie Egan helps us navigate the bewildering world of food so that we can all become conscious eaters. To eat consciously is not about diets, fads, or hard-and-fast rules. It's about having straightforward, accurate information to make smart, thoughtful choices amid the chaos of conflicting news and marketing hype. An expert on food's impact on human and environmental health, Egan organizes the book into four categories—stuff that comes from the ground, stuff that comes from animals, stuff that comes from factories, and stuff that's made in restaurant kitchens. This practical guide offers bottom-line answers to your most top-of-mind questions about what to eat. “The clearest, most useful food book I own.”—A. J. Jacobs, New York Times bestselling author

Welfare and Families in Europe

Originally published in 2005. The primary focus of this work is the relationship between family, work and the welfare system. Focusing on Denmark, Sweden, Germany, France and the United Kingdom, the study draws comparisons between societies which represent different types of welfare mix between state, market and civil society. Three important issues in the transformation of the European welfare state systems are considered: The conditions for social citizenship in European welfare states and how they have changed in relation to family and work; Changes in the provision of social welfare and how they have affected the interrelationship between the welfare state, the market and civil society; The impacts of constraints on public expenditure and the financing of the welfare state. The authors discuss the question of whether the welfare states of these countries have profoundly changed over the last ten to fifteen years and examine how this might provide insights into the contemporary welfare state. The framework developed by the authors can be applied in other specific areas of the development and transformation of welfare states.

Shopaholic to the Stars

There's a new girl at Rookwood School, and new mystery for Scarlet and Ivy to solve.

Gorgeously Green

NEW YORK TIMES BESTSELLER • “A witty novel with the twists of a soap and the laughs of a rom-com.”—InTouch Sophie Kinsella returns to her beloved Shopaholic series with Becky Brandon (née Bloomwood) newly arrived in Hollywood and starry-eyed. She and her two-year-old daughter, Minnie, have relocated to L.A. to join Becky's husband, Luke, who is there to handle PR for famous actress Sage Seymour. Becky can't wait to start living the A-list lifestyle, complete with celebrity sightings, yoga retreats, and shopping trips to Rodeo Drive. But she really hopes to become a personal stylist—Sage's personal stylist—if only Luke would set up an introduction. Then, unexpectedly, Becky is offered the chance to dress Sage's archrival, and though things become a bit more complicated, it's a dream come true! Red carpet premieres, velvet ropes, paparazzi clamoring for attention—suddenly Becky has everything she's ever wanted. Or does she? Praise

for Shopaholic to the Stars “Shopaholic Becky is funnier than ever as she tries to make it in Hollywood as a celeb stylist.”—People “Our beloved heroine Becky hilariously juggles motherhood and a new career. . . . Sophie Kinsella is such a genius.”—Redbook “It’s impossible not to fall in love with Becky and her antics, and this latest offering doesn’t disappoint. With appeal for fans of Kinsella’s prior Shopaholic books, this one will draw in new fans as well. Like the first six in the series, [Shopaholic to the Stars] is screamingly funny and lots of fun.”—Publishers Weekly (starred review) “Take the caustic wit of Gillian Flynn and the comedy of manners of Edith Wharton, add a British accent—that’s Sophie Kinsella.”—The Globe and Mail “Fans of the series who love Becky just as she is (and has always been) will enjoy this seventh series entry. . . . Kinsella expertly plots this story and deftly drops in some unexpected twists.”—Library Journal “Becky is a truly engaging narrator. She may be self-centered, a shopping addict and a bit flighty, but she’s also good-natured and genuinely funny. It’s a joy to accompany her on her journey, no matter how tangled it seems at times. A light, enjoyable read that’s pure escapism.”—Kirkus Reviews “Winsome Becky’s romp through Hollywood will thoroughly entertain readers, and the novel’s conclusion neatly paves the way for Becky’s next adventure.”—Booklist

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