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*Body Flex-body Magic Building Bodies p-i-l-a-t-e-s Magic Circle Instructor Manual Levels 1 - 5 Flex Lisa Lyon's Body Magic Breath The Flux The Glass Witch We Are the Luckiest Defeating Depression Anatomy of a Witch Flex Appeal by Rachel Flexbox in CSS What Can a Body Do? The Witch King Books in Print The Witch's Book of Self-Care Brass Body Matters White Magic Redundancy and Uniqueness of Subject Access Points in Online Catalogs Bodies Are Cool Noor The Tale of the Body Thief American Brujeria The Publishers Weekly The Candle Magic Spell Book Brands and Their Companies The Good Spell Book Brands and Their Companies Flexible Dieting Ordinary Monsters The Ultimate Book of Magic and Witchcraft Where's My Sweetie Pie? This Way, Charlie The Magic of the Lost Temple The Book of Delights Flexible Bodies The Twelve Days of Winter The Moon Book*

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A counting book that highlights the wonders of winter It's wintertime! The time for snow, mittens, and 12 days of surprises. In this high-energy, curious classroom, the teacher introduces her students to a new winter activity every day—from making paper snowflakes, to building sugar cube igloos, to playing with jingling bells. As the days get colder and the gifts add up, the classroom is transformed into wintry chaos. Inspired by the song "The Twelve Days of Christmas," this book uses accumulative verse as readers count to 12 along with the class and explore the funny, intricate illustrations. It includes a punch-out snowman paper doll that young readers can dress up and use to decorate their own winter wonderland! City girl Noonni is surprised at the pace of life in her grandparents' village in Karnataka. But she quickly gets used to the gentle routine there and involves herself in a flurry of activities, including papad making, organizing picnics and learning to ride a cycle, with her new-found friends. Things get exciting when Noonni stumbles upon an ancient fabled stepwell right in the middle of a forest. Join the intrepid Noonni on an adventure of a lifetime in this much-awaited book by Sudha Murty that is heart-warming, charming and absolutely unputdownable. When everything goes wrong on a trip to the local market, AO, a woman with a ton of major and necessary body augmentations, must race against time across the deserts of Northern Nigeria with a Fulani herdsman named DNA in a world where everything is streamed. Emily Martin traces Americans' changing ideas about health and immunity since the 1940s. She explores the implications of our emphasis on 'flexibility' in contexts from medicine to the corporate world, warning that we may be approaching a new form of social Darwinism. A guide to conscious living through the moon and her phases, incorporating wellness rituals, spellwork, and witchcraft for the modern seeker. We all know the moon. We all have a relationship with it. The earliest people obeyed her orbit, timed their months and holidays and celebrations and agriculture to the moon; the echoes of that system are still visible today, though the connection to the moon is often forgotten. Sarah Faith Gottesdiener is the leader of a movement to remind us of that lineage, guiding our rhythms and our sleep, our energy and our emotions, reminding us of our humanity and our magic. In her self-published Many Moons Workbooks and Lunar Journals, as well as her sold-out classes, she has guided over 50,000 readers to a deeper relationship with the moon, and through it, with themselves. This evergreen book will be an informative and comprehensive guide to lunar living, incorporating radical, self-empowering, and magical tools and resources for the beginner and experienced lunar-follower alike. Depending on where we are in our lives, depending on what we are feeling or what is happening around us, the moon allows us a space to invite ritual into our daily lives. The Moon Book will provide a framework on how to utilize the entire lunar cycle holistically, while offering ways for the reader to develop a personal relationship with their own cycles—energetic, personal, and emotional—through the lens of the moon's phases. In a gripping feat of storytelling, Anne Rice continues the extraordinary Vampire Chronicles that began with the now-classic Interview with the Vampire. For centuries, Lestat—vampire-hero, enchanter, seducer of mortals—has been a courted prince in the dark and flourishing universe of the living dead. Now he is alone. And in his overwhelming need to destroy his doubts and his loneliness, Lestat embarks on the most dangerous enterprise he has undertaken in all the years of his haunted existence. Look for a special preview of Anne

Rice's Prince Lestat in the back of the book. The Vampire Chronicles continue in Prince Lestat and the Realms of Atlantis, available for pre-order now. Praise for *The Tale of the Body Thief* "Tinged with mystery, full of drama . . . The story is involving, the twists surprising."—People "Rice is our modern messenger of the occult, whose nicely updated dark-side passion plays twist and turn in true Gothic form."—San Francisco Chronicle "Fast-paced . . . mesmerizing . . . silkenly sensuous . . . No one writing today matches her deftness with the erotic."—The Atlanta Journal-Constitution "Hypnotic . . . masterful."—Cosmopolitan

The keyword of this book is practicality. It is intended for those who want to practice magic without having to read long theoretical books. *The Ultimate Book of Magic and Witchcraft* allows you to use magic immediately after opening it. A guide to trade names, brand names, product names, coined names, model names, and design names, with addresses of their manufacturers, importers, marketers, or distributors. Take control of your life with this essential handbook of everyday spells for the modern witch, filled with beautiful illustrations and helpful tips. Every witch needs a book of spells... The world's most popular fortune-telling techniques—crystal balls, tarot cards, and palm-reading—originated with the Romany people, whose belief in magic, spell-casting, and prophecy has endured for nine centuries. Now you can bring the power of these time-honored magical traditions into your everyday life with this beautifully illustrated new edition of Gillian Kemp's *The Good Spell Book*. The 85 easy-to-follow spells, including 10 new ones, make use of common ingredients like candles, flowers, ribbon, and string, and they can help solve problems we all face, from attracting the one you love to improving your health to landing your dream job. Whether you're a complete beginner, advanced spell caster, or simply curious, these spells will increase your self-worth and empower you to lead a healthier, happier, and more fulfilled life. A New York Public Library Best Book for Teens 2021

To save a fae kingdom, a trans witch must face his traumatic past and the royal fiancé he left behind. In *Asalin*, fae rule and witches like Wyatt Croft...don't. Wyatt's betrothal to fae prince Emyr North was supposed to change that. But when Wyatt lost control of his magic one devastating night, he fled to the human world. Now a coldly distant Emyr has hunted him down. Despite transgender Wyatt's newfound identity and troubling past, Emyr claims they must marry now or risk losing the throne. Jaded, Wyatt strikes a deal with the enemy, hoping to escape Asalin forever. But as he gets to know Emyr again, Wyatt realizes the boy he once loved may still exist. And as the witches face worsening conditions, he must decide what's more important—his people or his freedom. Don't miss the next book in H.E. Edgmon's highly anticipated duology, *THE FAE KEEPER*, AVAILABLE MAY 31, 2022 A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love*

No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again. Illustrated step-by-step instructions for a total program of bodybuilding at home for women, by the first world women's bodybuilding

champion. This cheerful love-your-body picture book for preschoolers is an exuberant read-aloud with bright and friendly illustrations to pore over. From the acclaimed creator of *Dancing at the Pity Party* and *Roaring Softly*, this picture book is a pure celebration of all the different human bodies that exist in the world. Highlighting the various skin tones, body shapes, and hair types is just the beginning in this truly inclusive book. With its joyful illustrations and encouraging refrain, it will instill body acceptance and confidence in the youngest of readers. “My body, your body, every different kind of body! All of them are good bodies! BODIES ARE COOL!”

p-i-l-a-t-e-s Magic Circle Instructor Manual - 49 Exercises over 5 Levels this manual offers a complete guide to performing exercises with the Magic Circle. A fantastic versatile piece of equipment necessary for any Pilates Studio or Fitness Professional. This manual offers a step by step guide to progressing clients with this apparatus. It is an excellent resource for Pilates Instructors and Personal Trainers.

Embodied Witchcraft for Wisdom, Connection & Power This book is a guide to the most magical tool in your possession—your body. Not just your physical flesh-and-blood body, but also your symbolic Witch body, the conduit for bringing the material and metaphysical worlds together. Within these pages, you will explore hands-on magical practices, exercises, and sigils related to your Witch Lungs, Heart, Bones, Mind, and the spiraling path of your inner Serpent. Magic flows most freely when you are in tune with your intuition and the power of your true self. Through dozens of activities, prompts, spells, and rituals, *Anatomy of a Witch* helps you connect with the seen and unseen worlds, your ancestors, and your living community. Discover the profound correspondences between your body, the mythos of tarot, and the five elements. Practice rituals and activities for protection, warding, rebalancing your home, and embracing your body, despite the limiting beliefs that society foists upon us. This book teaches you how to tap into your personal power as you make a pilgrimage to the inner workings of your true self. Includes a foreword by Christopher Penczak, bestselling author of *The Temple of Witchcraft* series “A fierce, big-hearted, unflinching debut”\* novel about mothers and daughters, *haves and have-nots*, and the stark realities behind the American Dream \*Celeste Ng, author of *Little Fires Everywhere* WINNER OF THE GEORGIA AUTHOR OF THE YEAR AWARD FOR FIRST NOVEL • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY SAN FRANCISCO CHRONICLE AND REAL SIMPLE

A waitress at the Betsy Ross Diner, Elsie hopes her nickel-and-dime tips will add up to a new life. Then she meets Bashkim, who is at once both worldly and naïve, a married man who left Albania to chase his dreams—and wound up working as a line cook in Waterbury, Connecticut. Back when the brass mills were still open, this bustling factory town drew one wave of immigrants after another. Now it’s the place they can’t seem to leave. Elsie, herself the granddaughter of Lithuanian immigrants, falls in love quickly, but when she learns that she’s pregnant, Elsie can’t help wondering where Bashkim’s heart really lies, and what he’ll do about the wife he left behind. Seventeen years later, headstrong and independent Luljeta receives a rejection letter from NYU and her first-ever suspension from school on the same day. Instead of striking out on her own in Manhattan, she’s stuck in Connecticut with her mother, Elsie—a fate she refuses to accept. Wondering if the key to her future is unlocking the secrets of the past, Lulu decides to find out what exactly her mother has been hiding about the father she never knew. As she soon discovers, the truth is closer than she ever imagined. Told in equally gripping parallel narratives with biting wit and grace, *Brass* announces a fearless new voice with a timely, tender, and quintessentially American story. Praise for *Brass* “Lustrous . . . a tale alive with humor and gumption, of the knotty, needy bond between a mother and daughter . . . [Brass] marks the arrival of a writer whose work will stand the test of time.”—*O: The Oprah Magazine* “An exceptional debut novel, one that plumbs the notion of the American Dream while escaping the clichés that pursuit almost always brings with it . . . [Xhenet] Aliu delivers a living, breathing portrait of places left behind.”—*The Boston Globe* “The writing blazes on the page. . . . So much about the book is also extraordinarily timely, especially when it focuses on class and culture, and what they really mean.”—*San Francisco Chronicle* “Aliu is witty and unsparing in her depiction of the town and its inhabitants, illustrating the granular realities of the struggle for class mobility.”—*The New Yorker*

Layout designers rejoice: CSS finally has an update that will make your lives easier. Flexible box layout, often

called Flexbox, frees you from the challenges of creating layouts with floats and padding? and lets you specify containers and their contents instead. The new model means you can specify the directions in which material flows, how content wraps, and the ways components can expand to fill a space. Whether you've been creating large sites or small, fixed sites or responsive sites, flexbox will simplify your work. "We Are the Luckiest is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives." — Glennon Doyle, #1 New York Times bestselling author of Love Warrior: A Memoir What could possibly be "lucky" about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something — anything — else" to be her issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

The second edge-of-your-seat adventure in an urban fantasy series featuring a bureaucracy-obsessed magician, his rebellious daughter—and a spectacularly original magic system Love something enough, and your obsession will punch holes through the laws of physics. That devotion creates unique magics: videogamemancers. Origamimancers. Culinomancers. But when 'mancers battle, cities tremble... Aliyah Tsabo-Dawson: The world's most dangerous eight-year-old girl. Burned by a terrorist's magic, gifted strange powers beyond measure. She's furious that she has to hide her abilities from her friends, her teachers, even her mother—and her temper tantrums can kill. Paul Tsabo: Bureaucromancer. Magical drug-dealer. Desperate father. He's gone toe-to-toe with the government's conscription squads of brain-burned Unimancers, and he'll lie to anyone to keep Aliyah out of their hands—whether Aliyah likes it or not. The King of New York: The mysterious power player hell-bent on capturing the two of them. A man packing a private army of illegal 'mancers. Paul's family is the key to keep the King's crumbling empire afloat. But offering them paradise is the catalyst that inflames Aliyah's deadly rebellious streak . . . Take control of your life with the magic power of candles. Candle magic is the simplest and most powerful forms of magic, used by both beginners and long-term magic users. Candle magic focuses the power of your will and harnesses it to the energy of fire to manifest your desires in the physical world. You can use the practical spells in this book to tap into your inner power, seize control of your destiny, and improve your life forever. This book is based on old and proven magical practices, but you don't need a degree in latin or a boiling cauldron to get started with candle magic. This book breaks down everything you need into simple steps that a beginner can follow, while still providing powerful results. Going beyond just the basic list of spells found elsewhere, in this book you'll learn: The many types of candles and the uses of each Magical correspondences, from colors to phases of the moon How to setup a magical altar Which oils and herbs work best in candle spells How to cleanse, charge, and carve candles for magical use Why candles burn differently during spells and how to interpret the results And much more. This book includes 56 spells on topics of love and relationships, money and prosperity, friends and family, work and career, health and well-being, and protection for yourself and your home. If you're ready to make your wishes come true, then scroll up and click the "Add to Cart" button right now. Her bones are glass, but her heart is magic. Adelaide Goode has never been good enough. Everyone knows she's the weakest witch born to the Goode family in centuries. And now her mom is betraying her in the worst way possible: abandoning her in Cranberry Hollow, where she has no friends at all, for three whole months! And she's pushing her to compete in the town Halloween pageant! If Addie is going to be stuck in this town, her mother won't get away so easy...so she sets off the curse that's been haunting her family for centuries. But she doesn't plan on the curse turning her bones to glass and setting a 300-year-old witch hunter after her. With the aid of a monster-obsessed neighbor and a twitchy-nosed, furry

friend, Addie must hunt down the ingredients necessary to break the curse before the stroke of midnight. And if she doesn't...she might just erase magic from her family, and her town, forever. "Ross Gay's eye lands upon wonder at every turn, bolstering my belief in the countless small miracles that surround us." —Tracy K. Smith, Pulitzer Prize winner and U.S. Poet Laureate The winner of the NBCC Award for Poetry offers up a spirited collection of short lyric essays, written daily over a tumultuous year, reminding us of the purpose and pleasure of praising, extolling, and celebrating ordinary wonders. Ross Gay's *The Book of Delights* is a genre-defying book of essays—some as short as a paragraph; some as long as five pages—that record the small joys that occurred in one year, from birthday to birthday, and that we often overlook in our busy lives. His is a meditation on delight that takes a clear-eyed view of the complexities, even the terrors, in his life, including living in America as a black man; the ecological and psychic violence of our consumer culture; the loss of those he loves. Among Gay's funny, poetic, philosophical delights: the way Botan Rice Candy wrappers melt in your mouth, the volunteer crossing guard with a pronounced tremor whom he imagines as a kind of boat-woman escorting pedestrians across the River Styx, a friend's unabashed use of air quotes, pickup basketball games, the silent nod of acknowledgment between black people. And more than any other subject, Gay celebrates the beauty of the natural world—his garden, the flowers in the sidewalk, the birds, the bees, the mushrooms, the trees. This is not a book of how-to or inspiration, though it could be read that way. Fans of Roxane Gay, Maggie Nelson, and Kiese Laymon will revel in Gay's voice, and his insights. *The Book of Delights* is about our connection to the world, to each other, and the rewards that come from a life closely observed. Gay's pieces serve as a powerful and necessary reminder that we can, and should, stake out a space in our lives for delight. "From Wiccan author Arin Murphy-Hiscock comes this fantastic guide to spiritual self-care with a witchy bent. *The Witch's Guide to Self-Care* contains recipes for products and spells for self-restoration." —Bustle Self-care and magic work together in this guide to help you become the best version of yourself. You'll learn how to nourish your body and spirit with herbal remedies, spells, and rituals inspired by witchcraft in this unique, enchanted guide to self-care. Self-care is a necessity for any modern woman. The goals of self-care are simple: healthy mind, healthy body, healthy spirit. This book helps you prioritize yourself with a little help from the magic of witchcraft. *The Witch's Book of Self-Care* has advice for pampering your mind, body, and spirit with spells, meditations, mantras, and powerful activities to help you to keep healthy, soothe stress, relinquish sadness, channel joy, and embrace your strength. This book features such magical self-care remedies: -A Ritual to Release Guilt: Learn to burn whatever causes you pain and process painful memories or work through heavy emotions in this therapeutic ritual. -Green Space Meditation: Learn how to reconnect with the healing energies of nature, even in the middle of a bustling city, as part of a series of meditations based on the elements and your senses. -DIY Body Butter: Create your own custom soothing and smoothing body butter, powered by crystal and essential oils suited to your intention, and sanctified by a ritual. And much more! *The Witch's Book of Self-Care* shows you how easy it is to connect to the earth, harness your personal power, and add a little magic to your everyday life for a better you! **FLEX.** Distilled magic in crystal form. The most dangerous drug in the world. Snort it, and you can create incredible coincidences to live the life of your dreams. **FLUX:** The backlash from snorting Flex. The universe hates magic and tries to rebalance the odds; maybe you survive the horrendous accidents the Flex inflicts, maybe you don't. **PAUL TSABO:** The obsessed bureaucromancer who's turned paperwork into a magical Beast that can rewrite rental agreements, conjure rented cars from nowhere, track down anyone who's ever filled out a form. But when all of his formulaic magic can't save his burned daughter, Paul must enter the dangerous world of Flex dealers to heal her. Except he's never done this before - and the punishment for brewing Flex is army conscription and a total brain-wipe. Named a Best Book of the Year by NPR and LitHub Winner of the 2021 Science in Society Journalism Book Prize A fascinating and provocative new way of looking at the things we use and the spaces we inhabit, and a call to imagine a better-designed world for us all. Furniture and tools, kitchens and campuses and city streets—nearly everything human beings make and use is assistive technology, meant to bridge the gap between body and world. Yet unless, or until,

a misfit between our own body and the world is acute enough to be understood as disability, we may never stop to consider—or reconsider—the hidden assumptions on which our everyday environment is built. In a series of vivid stories drawn from the lived experience of disability and the ideas and innovations that have emerged from it—from cyborg arms to customizable cardboard chairs to deaf architecture—Sara Hendren invites us to rethink the things and settings we live with. What might assistance based on the body’s stunning capacity for adaptation—rather than a rigid insistence on “normalcy”—look like? Can we foster interdependent, not just independent, living? How do we creatively engineer public spaces that allow us all to navigate our common terrain? By rendering familiar objects and environments newly strange and wondrous, *What Can a Body Do?* helps us imagine a future that will better meet the extraordinary range of our collective needs and desires. “White Magic is magnificent.” —Kristen Arnett

Bracingly honest and powerfully affecting, *White Magic* establishes Elissa Washuta as one of our best living essayists. Throughout her life, Elissa Washuta has been surrounded by cheap facsimiles of Native spiritual tools and occult trends, “starter witch kits” of sage, rose quartz, and tarot cards packaged together in paper and plastic. Following a decade of abuse, addiction, PTSD, and heavy-duty drug treatment for a misdiagnosis of bipolar disorder, she felt drawn to the real spirits and powers her dispossessed and discarded ancestors knew, while she undertook necessary work to find love and meaning. In this collection of intertwined essays, she writes about land, heartbreak, and colonization, about life without the escape hatch of intoxication, and about how she became a powerful witch. She interlaces stories from her forebears with cultural artifacts from her own life—*Twin Peaks*, the *Oregon Trail II* video game, a *Claymation Satan*, a YouTube video of Stevie Nicks and Lindsey Buckingham—to explore questions of cultural inheritance and the particular danger, as a Native woman, of relaxing into romantic love under colonial rule. Focuses on the sociological embodiment of various "social actors" and subsequent links with the constraints of daily life. It presents findings on aspects of the body, variants from what is conventionally seen as "natural" and considers self-image versus society's expectations. A practical, hands-on guide to Mexican-American folk magic. *American Brujeria* is about the fascinating blend of American and Mexican folk magic currently practiced by those living in the US but whose roots are steeped in Mexican culture. The author, who has named this tradition “American brujeria,” explores this magical system, while also offering practical advice on using it. American brujeria is a living, vital tradition that -- while it shares things in common with other folk magic traditions, such as American Conjure—also features its own unique traditions, as well as familiar ones, such as the veneration of saints, both canonized, such as Guadalupe, and folk saints like Santa Muerte. *American Brujeria* includes stories from Mexico (folk saints, the story of Guadalupe), the influence of Catholicism, the art of *limpias* (spiritual cleansings), spell casting, oil crafting, praying the rosary (in English and Spanish), making an altar to Guadalupe, using novena candle magic, crafting protective charms from saints’ medals, and more. This book features a heart-shaped die-cut on the front cover and seven fun lift-the-flaps inside, this interactive board book shows a variety of cuddly critters hiding in all different places but there's no sweetie pie to be found! The anticipation of what's hiding on the next page will keep kids guessing and giggling all the way to the surprise ending when a double lift-the-flap reveals a heart-shaped mirror and shows who the real sweetie pie is. NATIONAL BESTSELLER \* "Charles Dickens meets Joss Whedon in Miro’s otherworldly Netflix-binge-like novel." —The Washington Post MOST ANTICIPATED SFF BOOK of 2022 by Tor, The Nerd Daily, BookBub, Philadelphia Inquirer, Goodreads, CrimeReads, BuzzFeed, Professional Book Nerds, and more! BEST BOOK OF SUMMER 2022 by SheReads, Book Riot, Goodreads, Gizmodo, Daily Beast, Paste Magazine, and more! IN THIS STUNNING HISTORICAL FANTASY, journey to the Victorian era, as children with mysterious powers are hunted by a figure of darkness in a battle of good vs. evil... "Ordinary Monsters is a towering achievement: a dazzling mountain of wild invention, Dickensian eccentrics, supernatural horrors, and gripping suspense. Be warned... once you step into this penny dreadful to end all penny dreadfuls, you'll never want to leave." —Joe Hill, #1 New York Times bestselling author of *The Fireman* and *Heart-Shaped Box* Charlie Ovid, despite surviving a brutal childhood in Mississippi, doesn't have a scar on him. His body

heals itself, whether he wants it to or not. Marlowe, a foundling from a railway freight car, shines with a strange bluish light. He can melt or mend flesh. When Alice Quicke, a jaded detective with her own troubled past, is recruited to escort them to safety, all three begin a journey into the nature of difference and belonging, and the shadowy edges of the monstrous. What follows is a story of wonder and betrayal, from the gaslit streets of London, and the wooden theaters of Meiji-era Tokyo, to an eerie estate outside Edinburgh where other children with gifts—like Komako, a witch-child and twister of dust, and Ribs, a girl who cloaks herself in invisibility—are forced to combat the forces that threaten their safety. There, the world of the dead and the world of the living threaten to collide. With this new found family, Komako, Marlowe, Charlie, Ribs, and the rest of the Talents discover the truth about their abilities. And as secrets within the Institute unfurl, a new question arises: What truly defines a monster? Riveting in its scope, exquisitely written, *Ordinary Monsters* presents a catastrophic vision of the Victorian world—and of the gifted, broken children who must save it. From the award-winning team behind *Ida*, *Always* comes a story about a friendship that grows between a blind horse and a gruff goat. All the animals at the Open Bud Ranch can see that Jack likes keeping his space to himself. But when Charlie arrives, he doesn't see Jack at all. He's still getting used to seeing out of only one of his eyes. The two get off to a bumpy start. At first, Jack is anxious and distrustful. But one day, he summons his courage and guides Charlie to his favorite sunlit field: this way, Charlie. And so begins a powerful friendship that will be tested by life's storms—but will ultimately change each life for the better. Langer's winning physique and fashion-model looks have landed her on the covers of over 20 fitness and bodybuilding magazines worldwide. All facets of her workouts—for all levels—are detailed and amply illustrated, with exercises ranging from the most basic to the most exacting. The most informative and extensive women's body shaping and fitness book ever published. 200 photographs. A sensible exercise plan to end depression. The last nutritional model you will ever need to achieve and maintain your optimal physique, peak performance, and robust health. Do you find yourself confused by the ever-changing diet landscape? Low-carb, keto, low-fat, Paleo, supplements you can't pronounce, and of course the fix-all magic bullet—it becomes a minefield of endless frustration with little or no sustainable results to show for it. In his new book *Flexible Dieting: A Science-Based, Reality-Tested Method for Achieving & Maintaining Your Optimal Physique, Performance, and Health*, Alan Aragon is here to put an end to the confusion and put you on a path to success. With over 25 years of experience as a nutrition researcher and educator, Alan reveals the biggest diet secret of all—no single diet is best for everyone. The key to success is finding a tailored program that meets your individual needs and helps you build lifelong habits to support your goals. *Flexible Dieting* is a research-based, field-tested approach to nutrition that focuses on macronutrient balance and proper food sourcing that will help you achieve your dietary and physical goals at your own pace. With this simple weight-loss plan, Alan shows you how to eat within your specific macronutrient targets, making weight loss achievable and sustainable while fostering a healthy relationship with food and offering more freedom in your food choices. *Building Bodies* is an exciting collection of articles that strive toward constructing theoretical models in which power, bodies, discourse, and subjectivity interact in a space we can call the "built" body, a dynamic, politicized, and biological site. Contributors discuss the complex relationship between body building and masculinity, between the built body and the racialized body, representations of women body builders in print and in film, and homoeroticism in body building. Linked by their focus on the sport and practice of body building, the authors in this volume challenge both the way their various disciplines (media studies, literary criticism, gender studies, film and sociology) have gone about studying bodies, and existing assumptions about the complex relationship between power, subjectivity, society, and flesh. *Body building--in practice, in representation, and in the cultural imagination--* serves as an launching point because the sport and practice provide ready challenges to existing assumptions about the "built" body.