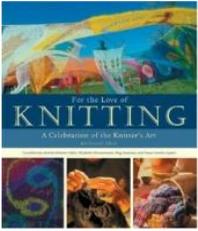


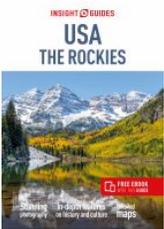
January 2023 New Adult Non-Fiction Books

Compost Science for Gardeners: Simple Methods for Nutrient Rich Soil - Robert Pavlis For the Love of Knitting: A Celebration of the Knitter's Art - Kari Cornell, editor



Do you live to knit? Have you made finding that perfect shade of periwinkle yarn an obsession? Have you ever stayed up to the wee hours of the night just to see how a yarn pattern would knit up? If you answered "yes" to any of these questions, you've caught the knitting bug. Never fear; you're certainly not alone in your affection for knitting.

Insight Guides USA: The Rockies - Insight Guides



This Insight Guide is a lavishly illustrated inspirational travel guide to USA The Rockies and a beautiful souvenir of your trip. Perfect for travellers looking for a deeper dive into the destination's history and culture, it's ideal to inspire and help you plan your travels. With its great selection of places to see and colourful magazine-style layout, this USA The Rockies guidebook is just the tool you need to accompany you before or during your trip. Whether it's deciding when to go, choosing what to see or creating a travel plan to cover key places like Jackson, Taos, Bozeman, Vail, it will answer all the questions you might have along the way. It will also help guide you when you'll be exploring Denver or discovering Rocky Mountain National Parks on the ground. Our USA The Rockies travel guide was fully-updated post-COVID-19.

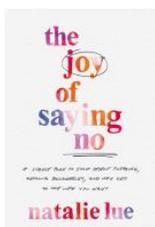
The January 6 Report - The House January 6 Committee



The official report and findings of the bipartisan Congressional investigation into the January 6 attack on the Capitol, and Donald Trump's related coup conspiracies to overthrow the election, with an original foreword by attorney and Emmy-winning MSNBC anchor Ari Melber.

This edition includes an exclusive breakdown of the coup conspiracy, based on Melber's reporting and real-time coverage, highlighting the multi-pronged plot against democracy. Only the authoritative House committee report can capture the full range of plots that have been exposed over time, from the violent attack on January 6 to related efforts revealed months after the insurrection.

The Joy of Saying No: A Simple Plan to Stop People Pleasing, Reclaim Boundaries, and Say Yes to the Life You Want - Natalie Lue



"Are you still playing a role you learned in childhood to please others, such as the Good Girl/Boy, the Overachiever, or the Helper? Though these kinds of roles may have gained us attention and affection, they prohibited us from becoming our true selves. People-pleasing--putting others ahead of ourselves to avoid something negative or to get something we want or need--runs rampant in our society. Saying yes when we should say no leaves us stuck in frustrating patterns. And when we don't say yes authentically, we say it resentfully, which leads to more problems than if we'd said no in the first place. *The Joy of Saying No* will help you identify your people-pleasing style and habits. A six-step framework then teaches you how to discover the healing and transformative power of no to establish

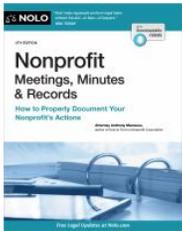
healthier boundaries, foster more intimate relationships and fulfilling experiences, and reconnect with your values and authentic self."

Mayo Clinic on Prostate Health, 3rd edition - Medical editors, Derek J. Lomas, M.D., Paras H. Shah, M.D.



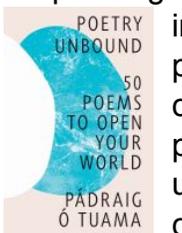
"Prostate disease, including prostate cancer, often can be treated and even prevented. Mayo Clinic on Prostate Health, Third Edition, is an essential resource for every man. It explains how to maintain better prostate health, and how to evaluate treatment options when disease occurs. Prostate concerns often start out with changes in patterns of urination, difficulty with sexual function, or worry over hormone levels. Fortunately, the outlook for management, cure and survival of prostate disease is better now than ever before. The experts at Mayo Clinic can help readers evaluate treatment options, cope with cancer and treatment side effects, and discover ways to improve quality of life. Topics covered include: the debate over PSA testing; latest imaging technology; full range of treatment options for prostatitis and BPH; new advances in treatment of prostate cancer; what's happening in research, and managing treatment side effects, including incontinence and impotence".

Nonprofit Meetings, Minutes, and Records: How to Properly Document Your Nonprofit's Actions - Attorney Anthony Mancuso



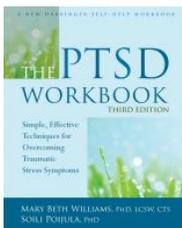
"Nonprofits have basic corporate responsibilities they must take seriously--or risk the unwanted attention of the IRS. This book provides everything the reader needs to hold meetings and properly document actions taken by the board and members. The book includes resolutions to call, notice, and hold meetings of directors and members; appoint officers and elect directors; take action by written consent; set up a corporate records book, and more. This book also provides useful tips and advice on how to do important tasks, such as organizing records, preparing meeting folders, and taking minutes--everything necessary to create a paper trail and avoid trouble with the IRS".

Poetry Unbound: 50 Poems to Open Your World - Pádraig Ó Tuama



"Expanding on the popular podcast of the same name from On Being Studios, *Poetry Unbound* offers immersive reflections on fifty powerful poems. In the tumult of our contemporary moment, poetry has emerged as an inviting, consoling outlet with a unique power to move and connect us, to inspire fury, tears, joy, laughter, and surprise. This generous anthology pairs fifty illuminating poems with poet and podcast host Pádraig Ó Tuama's appealing, unhurried reflections. With keen insight and warm personal anecdotes, Ó Tuama considers each poem's artistry and explores how its meaning can reach into our own lives".

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms - Mary Beth Williams, PhD, LCSW, CTS and Soili Poijula, PhD



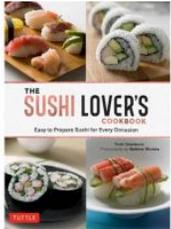
In the third edition of the best-selling *The PTSD Workbook*, psychologists and trauma experts Mary Beth Williams and Soili Poijula offer readers the most effective tools available for treating post-traumatic stress disorder (PTSD). In this fully revised and updated workbook, readers will learn how to move past the trauma they have experienced; manage symptoms such as insomnia, anxiety, and flashbacks; and find important updates reflecting the new DSM-V definition of PTSD.

Spare - Prince Harry



"It was one of the most searing images of the twentieth century: two young boys, two princes, walking behind their mother's coffin as the world watched in sorrow--and horror. As Diana, Princess of Wales, was laid to rest, billions wondered what the princes must be thinking and feeling--and how their lives would play out from that point on. For Harry, this is that story at last. With its raw, unflinching honesty, *Spare* is a landmark publication full of insight, revelation, self-examination, and hard-won wisdom about the eternal power of love over grief".

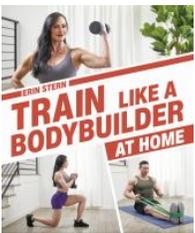
The Sushi Lover's Cookbook: Easy to Prepare Sushi for Every Occasion - Yumi Umemura



"In this sushi making book, Japanese cooking expert Yumi Umemura offers 85 easy recipes combining sushi rice--the key to delicious sushi--with ingredients ranging from time-honored favorites to non-traditional ingredients--such as Thai fish sauce, sun-dried tomatoes, French ratatouille, cooked meats like roast beef or chicken and smoked salmon. Many recipes reflect sushi's worldwide popularity--incorporating the diverse tastes. Whether making the classic thick rolls, thin rolls, or experimenting with

one of the author's fun and easy-to-make inventions such as pizza sushi, *The Sushi Lover's Cookbook* will guide you to sushi nirvana".

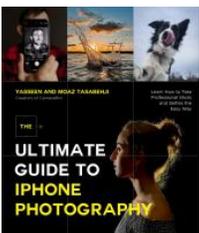
Train Like a Bodybuilder at Home - Erin Stern



Everyone who strength trains wants to get strong, lean, and ripped, but not everyone wants to go to a gym to do it--gyms are expensive, crowded, and dirty. In today's world, people are seeking a safer, simpler, more practical way to get fit and get strong, and also do it with the help of a proven expert. Erin Stern is an internationally respected bodybuilder with numerous awards to her name, including two Ms. Figure Olympia titles and 14 IFBB titles. Her positive, inspiring approach to training will appeal to anyone: from beginners who are just looking for a simpler way to get fit, to seasoned weight trainers who want to stay strong even when they're not in the gym.

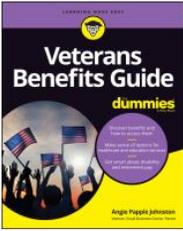
Train Like a Bodybuilder at Home follows a simplified approach to strength training and requires minimal equipment, using bodyweight movements and minimal equipment to mimic many of the more complex exercises that often are done only in a gym. You don't need a gym membership to train like a bodybuilder!

The Ultimate Guide to iPhone Photography: Learn to Take Professional Shots and Selfies the Easy Way - Yasseen and Moaz Tasabehji



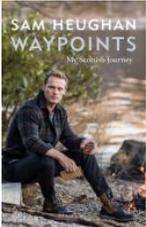
"Yasseen and Moaz give you a crash course on everything you need to know about iPhone photography, from finding the best lighting and framing your shots, to adding motion and posing your model for the perfect portrait. Hands-on photo challenges throughout the book make it easy for you to put your newfound knowledge into practice, resulting in cutting-edge shots that look like the work of a professional photographer. Don't have an iPhone? No worries--nearly all of the tutorials and techniques shared in this book translate perfectly to any smartphone camera!".

Veterans Benefits Guide for Dummies - Angie Papple Johnston



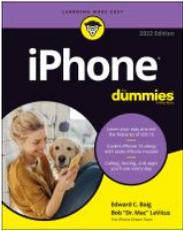
You've held up your end of the bargain, and now it's time for the government to say thank you, in the form of benefits. *Veterans Benefits Guide for Dummies* walks you through the process of separating from the military, filing claims with the VA, and appealing decisions. You also find a comprehensive list of benefits available to vets of all backgrounds and circumstances, so you know exactly what you qualify for -- healthcare, disability pay, home loans, life insurance, veteran preference, the GI Bill, and more --and how to get it.

Waypoints: My Scottish Journey - Sam Heughan



"Journey deep into the Scottish Highlands in the first memoir by #1 New York Times bestselling author and star of *Outlander*, Sam Heughan--exploring his life and reflecting on the waypoints that define him. In this intimate journey of self-discovery, Sam sets out along Scotland's rugged ninety-six-mile West Highland Way to map out the moments that shaped his views on dreams and ambition, family, friendship, love, and life. The result is a love letter to the wild landscape that means so much to him, full of charming, funny, wise, and searching insights into the world through his eyes".

iPhone for Dummies - Edward C. Baig and Guy Hart-Davis



Explains how to use the portable device to make and receive phone calls, set up iTunes, take photographs, use Siri, send and receive e-mail, browse the Internet, and play podcasts, music, video, and photograph slide shows.