

## **The Hip Chicks Guide To Macrobiotics Jessica Porter**

The Name of the Star  
Mama Glow  
The Writer's Digest Guide To Query Letters  
The Hip Chick's Guide to Macrobiotics  
True Brews  
Learn to Cook  
Beyond Canning  
The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous, Look Vibrant, and Think Clearly  
Hostage  
Changing Diapers  
Death on the Sidewalk  
The Double-Daring Book for Girls  
Oh, Solo Mia!  
Wolf Hollow  
Date Book  
You Grow Girl  
Helloflo  
Girls with Sharp Sticks  
Yoga Chick  
Add More Ing to Your Life  
Well-Preserved  
The Bully  
The Vegan Girl's Guide to Life  
The Girls' Guide to Rocking  
The Ultimate Survival Guide to Being a Girl  
Hip Tranquil Chick  
The Fabulous Girl's Guide to Decorum  
Hold My Gold  
Creative Grieving  
The Hip Girl's Guide to the Kitchen  
Roller Girl  
Hip Girl's Handbook to the Working World  
Venus and Serena  
Go Ask Alice  
The Big Book of Girl Stuff  
Asian Pickles  
A Guide for Adults with Hip Dysplasia  
Dark Ryder  
The Teen Years Explained  
How to Pee Standing Up

### **The Name of the Star**

"Everything you need to know to turn your love of music--and desire to play it--into something real"--P. [4] of cover.

### **Mama Glow**

The tennis superstars talk about their lives, including what it takes to be successful, how they spend their money, dating, studying, and dealing with pressure.

### **The Writer's Digest Guide To Query Letters**

This accessible home-brew guide for alcoholic and non-alcoholic fermented drinks, from Apartment Therapy: The Kitchn's Emma Christensen, offers a wide range of simple yet enticing recipes for Root Beer, Honey Green Tea Kombucha, Pear Cider, Gluten-Free Sorghum Ale, Blueberry-Lavender Mead, Gin Sake, Plum Wine, and more. You can make naturally fermented sodas, tend batches of kombucha, and brew your own beer in the smallest apartment kitchen with little more equipment than a soup pot, a plastic bucket, and a long-handled spoon. All you need is the know-how. That's where Emma Christensen comes in, distilling a wide variety of projects—from mead to kefir to sake—to their simplest forms, making the process fun and accessible for homebrewers. All fifty-plus recipes in True Brews stem from the same basic techniques and core equipment, so it's easy for you to experiment with your favorite flavors and add-ins once you grasp the fundamentals. Covering a tantalizing range of recipes, including Coconut Water Kefir, Root Beer, Honey-Green Tea Kombucha, Pear Cider, Gluten-Free Pale Ale, Chai-Spiced Mead, Cloudy Cherry Sake, and Plum Wine, these fresh beverages make impressive homemade offerings for hostess gifts, happy hours, and thirsty friends alike.

### **The Hip Chick's Guide to Macrobiotics**

A collection of 30 small batch preserving recipes and 90 recipes in which to use the preserved goods for anyone who's ever headed to their local farmers' market reciting the mantra "I will not overbuy" but has lumbered home with bags overflowing with delicious summer strawberries, zucchini blossoms, and tomatoes, or autumn apples, pears, and cauliflower. Preserving recipes like Marinated Baby Artichokes are followed by recipes for dishes like Marinated Artichoke and Ricotta Pie and Sausages with Marinated Baby Artichokes; a Three-Citrus Marmelade recipe is followed by recipes for Chicken Wings Baked with Three-Citrus Marmelade, Shrimp with Three-Citrus Marmelade and Lime, and Crepes with Three-Citrus Marmelade, and so on. In this book, Eugenia Bone, a New Yorker whose Italian father was forever canning everything from olives to tuna, describes the art of preserving in an accessible way. Though she covers traditional water bath and pressure canning in detail, she also shares simpler methods that allow you to preserve foods using low-tech options like oil-preserving, curing, and freezing. Bone clearly explains each technique so that you can rest assured your food is stable and safe. With *Well-Preserved: Recipes and Techniques for Putting Up Small Batches of Seasonal Foods*, you will never again have a night when you open your cupboard or refrigerator and lament that there's "nothing to eat!" Instead, you'll be whipping up the seasons' best meals all year long.

## **True Brews**

The Newbery Honor Award Winner and New York Times bestseller *Roller Girl* is a heartwarming graphic novel about friendship and surviving junior high through the power of roller derby—perfect for fans of Raina Telgemeier's *Smile!* For most of her twelve years, Astrid has done everything with her best friend Nicole. But after Astrid falls in love with roller derby and signs up for derby camp, Nicole decides to go to dance camp instead. And so begins the most difficult summer of Astrid's life as she struggles to keep up with the older girls at camp, hang on to the friend she feels slipping away, and cautiously embark on a new friendship. As the end of summer nears and her first roller derby bout (and junior high!) draws closer, Astrid realizes that maybe she is strong enough to handle the bout, a lost friendship, and middle school... in short, strong enough to be a roller girl. In this graphic novel debut that earned a Newbery Honor and five starred reviews, real-life derby girl Victoria Jamieson has created an inspiring coming-of-age story about friendship, perseverance, and girl power! From the Trade Paperback edition.

## **Learn to Cook**

Stuck with a boss from hell? Trying to escape a bad date? Looking for a way to fix a friendship, or make it through your next family reunion? Believe it or not, the solutions to each of these dilemmas (and many more!) can all be found in this book. You'll also pick up tips on scoring a table for two at the swankiest spots in town, redecorating your place on a shoestring budget, and getting your hands on a super cheap plane fare. You'll even learn how to get out of credit card debt once and for all, how to shake a devastating break-up -- and, of course, how to pee standing up. Packed with loads of advice that every hip chick needs to sail through those sticky situations, *How to Pee Standing Up* is your must-have guide to life. In fact, we don't know how you've made it this far without it!

## **Beyond Canning**

A guide to cloth diapering discusses its benefits to the environment and the pocketbook, various brands and features, common misconceptions, and how to prepare for the child's growth.

## **The Complete Macrobiotic Diet: 7 Steps to Feel Fabulous, Look Vibrant, and Think Clearly**

A teen plunges into a downward spiral of addiction in this classic cautionary tale. January 24th After you've had it, there isn't even life without drugs... It started when she was served a soft drink laced with LSD in a dangerous party game. Within months, she was hooked, trapped in a downward spiral that took her from her comfortable home and loving family to the mean streets of an unforgiving city. It was a journey that would rob her of her innocence, her youth—and ultimately her life. Read her diary. Enter her world. You will never forget her. For thirty-five years, the acclaimed, bestselling first-person account of a teenage girl's harrowing descent into the nightmarish world of drugs has left an indelible mark on generations of teen readers. As powerful—and as timely—today as ever, *Go Ask Alice* remains the definitive book on the horrors of addiction.

## **Hostage**

Rory, of Bâenouville, Louisiana, is spending a year at a London boarding school when she witnesses a murder by a Jack the Ripper copycat and becomes involved with the very unusual investigation.

## **Changing Diapers**

*Hip Tranquil Chick* addresses that huge but unacknowledged demographic of fashionistas equally at home at Bergdorf's and the yoga studio. The book is divided into two major sections that cover all bases for the style-minded seeker. "On the Mat" shares seven must-have modern-girl yoga sequences, such as "Healing Hip Openers" and "Negativity Releasing Heart Openers," and explains yoga philosophy in hip chick language. "Off the Mat" showcases nine ways to become more fabulous and balanced by incorporating yogic qualities like introspection, strength, and flexibility into daily life. The nine lifestyle chapters reveal how to turn on-the-mat wear into on-the-town style, how to create soulful surroundings at home and work, mindful money management, finding a passion-filled career, how strategic soiree-throwing creates community, tips for practicing social consciousness, and more. Each chapter is accompanied by helpful "OMwork" to translate these concepts into reality. Abundant illustrations accentuate the text, and a "savvy sources" section encourages further exploration.

## **Death on the Sidewalk**

Make That Crucial, Positive First Impression Anyone who's researched the marketplace knows: The path to publication begins with your query letter. If your query is weak, unfocused, or uninspired, an editor or agent won't even bother to

request your article, novel manuscript, or nonfiction book proposal. But a well-crafted, compelling query sent to the right editor or agent is an essential sales tool for fiction writers and the most effective way for nonfiction writers to pre-sell your idea. In this book, professional freelance writer and magazine editor Wendy Burt-Thomas shares practical advice on how to craft persuasive letters that connect with editors and agents and ultimately generate sales for you. You'll learn how to: Conduct targeted research to find suitable editors and agents Hook an editor with a tantalizing lead and shape a summary that compels editors to buy Select the strongest slant for your book or article Use research and interview shortcuts that keep your query prep profitable Make your query rejection-proof by weeding out subtle mistakes that can sabotage your project Communicate your author platform and sell yourself as the best writer for the subject Complete with dozens of sample queries—some that landed article assignments, agents, or book deals, and others that never stood a chance—this book offers you a comprehensive strategy for presenting your writing ideas in a way that will increase your chances of publication. Though the title may lead some to believe it's strictly to be shelved as a reference manual, *The Writer's Digest Guide to Query Letters* is a smooth read from cover to cover.

## **The Double-Daring Book for Girls**

As a middle school teacher, author Bart King listened carefully to the wisdom of his girl students. Along with his five sisters (!), their knowledge made *The Big Book of Girl Stuff* a classic that *Parenting* magazine has called “a must-have for girls.” This updated and redesigned edition of *The Big Book of Girl Stuff* is still loaded with fascinating facts, activities, quotes, games, and insightful information and advice on important topics. This humorous and informative resource is filled with everything a girl needs to know and celebrates all the things that make being a girl so wonderful. And not only is it a perfect handbook for preteens, 'tweens, and teens, but it will delight moms, aunts, and big sisters as well!

## **Oh, Solo Mia!**

"Information and anecdotes about puberty, for girls, from the founder of the popular website [HelloFlo.com](http://HelloFlo.com)"--

## **Wolf Hollow**

Fifteen-year-old Allie Carson is shot while shopping. Based on the true story of the 2005 Boxing day killing of Jane Kreba in Toronto.

## **Date Book**

Vegan women everywhere are banding together in their efforts to be healthy, cruelty free, and environmentally responsible. This is their handbook. Melisser (known to most as “The Urban Housewife”) presents the basics of veganism for the newbies, lots of DIY craft projects, cruelty-free beauty tips, travel advice, recipes, and more. This book is not just for vegan girls—it’s also for anyone who’s interested in a cruelty-free lifestyle. Discover the best beauty products, fun

vacation spots, plus an assortment of recipes including Jackfruit "Carnitas" Tacos, Twice Baked Chipotle Sweet Potatoes, Curried Red Lentil Veggie Burgers, Chipotle Hominy Stew, and Double Chocolate Cookies. Learn how to make recycled cake stands, find a cross-stitch pattern by Stitch'd Ink, and find out about natural beauty and cleaning products. Reading like a Who's Who of vegan women, contributions of recipes and craft projects will be provided by some of the most respected vegan chefs and bloggers in the world (Isa Chandra Moskowitz, Hannah Kaminsky, Celine Steen, Julie Hasson, Kittee Berns, Kelly Pelozza, and more). Full of photos and quirky illustrations, this is useful information with a punk rock attitude.

## **You Grow Girl**

Welcome to Yoga Chick's world, where girls on the go maintain their glow through a healthy and natural lifestyle! Yoga isn't just about exercise, it's a way of life. It's the flow that's created when mind, body, and spirit are working in three-part harmony. For both the blossoming beginner and the experienced yogini, Yoga Chick's six fully illustrated yoga sequences are the first step toward building lean muscle and flexibility, improving core strength, increasing your energy and managing your mood. To maintain your glow, turn to Yoga Chick's nutrition tips and tasty recipes, natural beauty treatments. Achieve balance with relaxation techniques, guides to aromatherapy, the healing power of gemstones. And learn to listen to the wisdom of your own voice through meditation and journaling. Whether you are stepping onto your mat or off the fast track, Yoga Chick is your guide to style, strength, and serenity!

## **Helloflo**

A teenage girl is given a difficult task. If she can train and ride Dark Ryder, she gets to keep the horse as her own. If she fails, the horse will be put to death. Interest level: Grades 6 - 10 Reading level: Grade 4.0 (Lexile 710) HIP SR novels feature exciting, action-based stories with teenage characters in realistic situations. Geared to readers in Grades 6-12 reading at Grade 3-4 level.

## **Girls with Sharp Sticks**

A Primer for the Fabulous Girl in Training "You know the Fabulous Girl, don't you? She's Holly Golightly, the girl you must have at your cocktail party. She's smart, fun, stylish, and of course, beautifully well mannered. She's the friend who always knows when you need a shoe-shopping expedition to lift your spirits. She's the one who calls you after your disastrous dinner party and insists that she had a marvellous time. She's the girl you admire, the girl you want to be." From etiquette experts Kim Izzo and Ceri March comes the perfect book for perfect manners. Witty and playful, The Fabulous Girl's Guide to Decorum provides invaluable advice for the thoroughly modern woman. The Fabulous Girl's Guide to Decorum recognized the importance that work now plays in women's lives. Advice is offered on how to present yourself at an interview, how to socialize with workmates without breaching professional barriers, how to remain poised when overlooked for promotion, and how to maintain the respect and admiration of colleagues after you become the boss. Outside of the workplace, in a tart yet helpful tone, Izzo and

Marsh address issues of urban life, friendship, family, entertaining, romance and sex (because we all know romance and sex are not the same). There are rules for conducting one-night stands, tips for balancing the demands of old friends and new lovers, suggestions for throwing the perfect dinner party and what to do when it all goes horribly wrong. Woven throughout the book is the story of the Fabulous Girl as she learns to glide gracefully through her days, vividly bringing to life the principles of decorum. As essential as her little black dress, and as elegant and practical, The Fabulous Girl's Guide to Decorum is something no woman should be without. Beautifully designed in original trade paperback format with spot illustrations throughout, The Fabulous Girl's Guide to Decorum is an ideal gift for weddings, graduations or celebrations of friendship. From the Trade Paperback edition.

## **Yoga Chick**

12-16 yrs.

## **Add More Ing to Your Life**

Drawing from a lifetime of cooking, Hilah Johnson (host of the popular internet cooking series, Hilah Cooking) has produced a beginners cookbook for today's young (and young-at-heart) adults. Featuring a casual straightforward style and a focus on fresh, simple recipes "Learn to Cook" will appeal to anyone who loves to eat. Inside you'll find chapters on menu planning, knife skills, shopping, kitchen equipment (including the only three tools you "really" need), and more. Plus, a comprehensive spice chart and over 150 recipes from breakfast to dinner to the snacks in between.

## **Well-Preserved**

Grief is often perceived as a dark and lonely journey; as a result, it is a topic we avoid in today's society. Within a 20-month period, Elizabeth Berrien endured the loss of her stillborn son and the subsequent death of her husband on active duty in Afghanistan. She found herself a 27-year-old widow whose life had been shattered. In this book, she shares the experiences, the wisdom, and even the joy she gathered on her journey from grief to hope. Creative Grieving offers support and encouragement while acknowledging that there is no "right" way to grieve. Elizabeth tells you about the emotions she experienced while grieving in an "instant gratification" society, the importance of self-nurturing, the balancing of grief and motherhood, the redefining of community and relationships, and the discovery of new passion and meaning. Her authentic account of grieving will empower you as you cope with loss. Along with Elizabeth's personal stories are pieces of "Hip Chick Wisdom" from a community of women, "Creative Hip Chick Ideas," and a list of helpful resources. By reading Elizabeth's story of vulnerability and courage, you will learn how to find your own creative way of moving through grief to hope—uncovering gifts along the way. [www.CreativeGrieving.com](http://www.CreativeGrieving.com) and [www.TheRespite.org](http://www.TheRespite.org)

## **The Bully**

Date Book sheds light on the teen girl dating experience and empowers girls to be safe and confident when dating. Written in a funny, shoot-from-the-hip voice, it's full of creative date suggestions, fashion advice, tips on how to bargain for extended curfews, and exit strategies for when a date goes bad

## **The Vegan Girl's Guide to Life**

A 2017 Newbery Honor Book New York Times Bestseller A young girl's kindness, compassion, and honesty overcome bullying. ★ An NPR Best Book of the Year ★ A Booklist Best Book of the Year ★ An Entertainment Weekly Best Middle Grade Book of the Year ★ A Kirkus Reviews Best Book of the Year ★ A Shelf Awareness Best Book of the Year ★ A School Library Journal Best Book of the Year ★ A Wall Street Journal Best Children's Book of the Year ★ An ALA Notable Children's Book "This exquisite debut confronts injustice and doesn't flinch." —People "[A] powerful debut . . . beautifully written." —The Wall Street Journal "Wrenching and true. . . comparisons to Harper Lee's *To Kill a Mockingbird* will abound. But Wolk gives us her own story—one full of grace and stark, brutal beauty." —The New York Times Book Review "When reviewers draw a parallel between *Mockingbird* and Lauren Wolk's *Wolf Hollow*, they are being neither hyperbolic, nor lazy. They are merely doing justice to Wolk's beautiful story." —NPR, Best Books of 2016 Growing up in the shadows cast by two world wars, Annabelle has lived a mostly quiet, steady life in her small Pennsylvania town. Until the day new student Betty Glengarry walks into her class. Betty quickly reveals herself to be cruel and manipulative, and while her bullying seems isolated at first, things quickly escalate, and reclusive World War I veteran Toby becomes a target of her attacks. While others have always seen Toby's strangeness, Annabelle knows only kindness. She will soon need to find the courage to stand as a lone voice of justice as tensions mount. Brilliantly crafted, *Wolf Hollow* is a haunting tale of America at a crossroads and a time when one girl's resilience, strength, and compassion help to illuminate the darkest corners of our history. "The honesty of *Wolf Hollow* will just about shred your heart, but Annabelle's courage and compassion will restore it to you, fuller than before. This book matters." —Sara Pennypacker, New York Times bestselling author of *Pax* "An evocative setting, memorable characters, a searing story: *Wolf Hollow* has stayed with me long after I closed the book. It has the feel of an instant classic." —Linda Sue Park, Newbery Medalist and New York Times bestselling author

## **The Girls' Guide to Rocking**

Provides a detailed overview of the health benefits of eating a macrobiotic diet and combines cooking tips and recipes with practical advice on how to strengthen one's body and mind through eating high-quality whole foods.

## **The Ultimate Survival Guide to Being a Girl**

Here's the ultimate can-do, unabashedly basic (and hip!) guide to living on your own. Check your oil? No problem. Unclog the drain? You bet! File your taxes on the Web? No sweat! It's all right here, spelled out simply with patience, humor, and "girlness."

## **Hip Tranquil Chick**

A comprehensive book for adults with developmental dysplasia of the hips, covering everything from hip anatomy, diagnosis, and treatment, to hospital stays, recovery, and getting back to normal. Includes over 400 quotations from hip dysplasia patients.

## **The Fabulous Girl's Guide to Decorum**

Addressing the struggles of young girls everywhere, this hilariously relatable comic guide to life provides real advice and encourages a new generation of teen girls to find confidence and embrace individuality. With friends, love, social media, body image, and more--navigating young adulthood can seem impossible. The Ultimate Survival Guide to Being a Girl provides humorous and highly relatable guidelines for all of the struggles young girls face, presented in author Christina De Witte's signature comic style and told from the point of view of her lovable Instagram and Internet character, Chrostin. A Hyperbole and a Half for the young adult audience, the book includes comics and hands-on advice about serious issues like mental health and self-care, and also deals with questions on every young girl's mind, like "Can you survive on pizza alone?" Quirky, hilarious, and sincere, The Ultimate Survival Guide to Being a Girl empowers young women to challenge society's unrealistic standards of beauty and embrace their individuality. This is sure to be a favorite for teen girls. Table of Contents Chapter One: Mental Stuff Chapter Two: The Beauty of the Human Booty Chapter Three: On Food Comas and Food Babies Chapter Four: Fashion No-No or Fashion Guru? Chapter Five: Friends and Family Business Chapter Six: Love Is Beautiful/Sucks Chapter Seven: School and Work, Work, Work, Work Chapter Eight: The Internet of Things Chapter Nine: Society vs. Me Chapter Ten: United in Diversity

## **Hold My Gold**

New York Times Bestselling Authors! The follow up to the bestselling phenomenon The Daring Book for Girls—an even more daring guide to everything from making a raft to learning how to play football to the art of the Japanese Tea Ceremony. In response to the resounding success of The Daring Book for Girls comes a second volume with all original material that promises to be full of even more daring adventure than the first. Girls will learn how to surf, horseback riding tips, April Fools Day history and pranks, how to make a labyrinth, how to sing, all about cowgirls, and how to organize a croquet tournament. Just as packed with creative and exciting material as the original, but twice as fun, this book will be beloved by all Daring fans everywhere.

## **Creative Grieving**

“Enough plot twists to give a reader whiplash.” —Cosmopolitan From New York Times bestselling author Suzanne Young comes the start of a thrilling, subversive new series about a girls-only boarding school with a terrifying secret and the friends who will stop at nothing to protect each other. Some of the prettiest flowers have the sharpest thorns. The Girls of Innovations Academy are beautiful and well-

behaved—it says so on their report cards. Under the watchful gaze of their Guardian, they receive a well-rounded education that promises to make them better. Obedient girls, free from arrogance or defiance. Free from troublesome opinions or individual interests. But the girls' carefully controlled existence may not be quite as it appears. As Mena and her friends uncover the dark secrets of what's actually happening there—and who they really are—the girls of Innovations Academy will learn to fight back. Bringing the trademark plot twists and high-octane drama that made *The Program* a bestselling and award-winning series, Suzanne Young launches a new series that confronts some of today's most pressing ethical questions.

## **The Hip Girl's Guide to the Kitchen**

If you already love making strawberry jam and basic tomato sauce, this is the perfect book for the next step in your preserving journey! Featuring techniques and ingredients sure to open your mind, *Beyond Canning* is an invaluable resource for home preservers and small-scale homesteaders who know the basics but are looking to expand their skill-set and repertoire. A deep dive into multiple methods of home preserving, this book features unexpected flavors, smart techniques, and root-to-stalk recipes to give you practical ways to eat better and reduce waste. You will not want to miss the wide variety of techniques! - Vinegar preserving that goes beyond pickles. - Water bath canning for new tastes and textures. - Do you like kimchi? You'll love recipes to ferment and culture for amazing results and a world of variety.

## **Roller Girl**

With the majority of Americans now attempting to eat healthier and an estimated million of them each year in the past decade adopting vegetarian or semi-vegetarian diets, *The Complete Macrobiotic Diet* is ready to enter the cultural mainstream. In this superb volume of his core values and practices of the macrobiotic lifestyle, acclaimed expert Denny Waxman offers readers a fresh, balanced approach "to loving yourself from the inside out" as a way of life to nourish body, mind, and spirit. Readers will find that making healthy food choices is delicious, easy, and fun with the expanded vegetarian recipes and simple menus developed by macrobiotic teacher and chef Susan Waxman. Using a clear and adaptable 7 Step Lifestyle Plan based on nature's rhythms, everyday wisdom, and common sense, this invaluable resource addresses topics such as gluten sensitivity, the spiritual aspects of health, as well a brief history of food. This holistic, accessible plan shows you how to look and feel fabulous while improving your mind—to help guide you to the best possible physical and mental health.

## **Hip Girl's Handbook to the Working World**

Discover the thirty-day -ing Equation to sharpen your intuitive senses and activate untapped inspirations! Lots of people are selling "happiness" these days, but in her hip self-transformation book, *Add More -ing to Your Life*, motivational speaker and life coach Gabrielle Bernstein truly shows you how to make happiness a way of life by accessing your -ing—your Inner Guide. In her thirty-day -ing Equation, Gabrielle

will show you how to bulldoze negative thought patterns and create personal change through positive affirmations, physical activity, and visualization meditations. Get prepared to change your life by accessing a state of "flow" to help you connect with your -ing. You'll release your negativity and choose happiness!

## **Venus and Serena**

In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." *Mama Glow* also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. *Mama Glow* includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences designed for prepregnancy, each trimester, and postpartum
- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

## **Go Ask Alice**

Every night there is a white girl crying herself to sleep somewhere in America, listening to Ludacris and wishing she could be part of that gold-rimmed, Cristal-soaked hip-hop dream. Hope has arrived in the wise counsel given in *Hold My Gold: A White Girl's Guide to the Hip-Hop World*. From "Da Basix: Vocab, Grammar, and Translation" to "How to Be a Video Ho or "Just look Like One," authors McCall and Rizzo deliver a comprehensive education in hip-hop history, language, accessories, social etiquette, and more. Loaded with spot-on satire and hilarious tongue-in-cheek advice, *Hold My Gold* is required reading for bling-deficient white girls looking to conquer their hip-hop illiteracy.

## **The Big Book of Girl Stuff**

This is not your grandmother's gardening book. *You Grow Girl* is a hip, humorous how-to for crafty gals everywhere who are discovering a passion for gardening but lack the know-how to turn their dreams of homegrown tomatoes and fresh-cut flowers into a reality. Gayla Trail, creator of *YouGrowGirl.com*, provides guidance for both beginning and intermediate gardeners with engaging tips, projects, and recipes -- whether you have access to a small backyard or merely to a fire escape. *You Grow Girl* eliminates the intimidation factor and reveals how easy and enjoyable it can be to cultivate plants and flowers even when resources and space are limited. Divided into accessible sections like Plan, Plant, and Grow, *You Grow*

Girl takes readers through the entire gardening experience: Preparing soil Nurturing seedlings Fending off critters Reaping the bounty Reaching plants for winter Preparing for the seasons ahead Gayla also includes a wealth of ingenious and creative projects, such as: Transforming your garden's harvest into lush bath and beauty products Converting household junk into canny containers Growing and bagging herbal tea Concocting homemade pest repellents and much, much more. Witty, wise, and as practical as it is stylish, You Grow Girl is guaranteed to show you how to get your garden on. All you need is a windowsill and a dream!

## **Asian Pickles**

A do-it-yourself guide to making Asian pickles introduces unique ingredients and various brine-making techniques, sharing 75 of the most-sought recipes including Chinese Spicy Ginger Cucumbers, Japanese Umeboshi and Indian Coconut-Mint Chutney. 15,000 first printing.

## **A Guide for Adults with Hip Dysplasia**

Provides over one hundred ideas for activities for single women from different areas with varying interests, including involvement with local government, volunteering, exercise, and travel.

## **Dark Ryder**

Allie discovers that the worst bully at her school is her former best friend, Danni.

## **The Teen Years Explained**

The author of The Hip Girl's Guide to Homemaking shows you how to love your kitchen and learn to make creative, delicious food without breaking your budget. You can become a confident cook—even if the drawer with the take-out menus is the only part of your kitchen you currently use! Kate Payne shows you how to master basic cooking techniques—boiling, baking, and sautéing—and simplifies the process of fancy ones, like jamming and preserving, dehydrating, braising, roasting, infusing, and pickling. With this straightforward and fun guide, you can stock up your kitchen with the ingredients, tools, and appliances you'll actually use. You'll also learn how to decode recipes and alter them to make them gluten-free, dairy-free, or vegan. The Hip Girl's Guide to the Kitchen includes advice and instructions on how to make both classic meals and foods that are typically bought, such as yogurt; ice cream; flavored salt; oil and vinegar infusions; kimchi; aioli; jam; granola; bread; and fruit leather—even liqueurs, iced teas, and vegetable juices. With fun line drawings, sidebars full of tips and tricks, and lists of resources, Kate Payne sets you up for success and shows you how to unlock your inner kitchen prowess.

## **How to Pee Standing Up**

We idealize childhood and demonize adolescence, often viewing the typical teenager as a bundle of problems. Yet according to a new book, The Teen Years

Explained: A Guide to Healthy Adolescent Development, by Clea McNeely, MPH, DrPH and Jayne Blanchard, adolescence can be a time of opportunity, not turmoil. By understanding the developmental stages and changes of adolescence, both teens and adults can get the most out of this second decade of life. In plain English, this guide incorporates the latest scientific findings about physical, emotional, cognitive, identity formation, sexual and spiritual development with tips and strategies on how to use this information in real-life situations involving teens. Whether you have five minutes or five hours, you will find something useful in this book. This practical and colorful guide to healthy adolescent development is an essential resource for parents, teens, and all people who work with young people.

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