
Trapped In The Mirror

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Trapped in the Mirror *Harper Collins*

In this compelling book, Elan Golomb identifies the crux of the emotional and psychological problems of millions of adults. Simply put, the children of narcissist—offspring of parents whose interest always towered above the most basic needs of their sons and daughters—share a common belief: They believe they do not have the right to exist. The difficulties experienced by adult children of narcissists can manifest themselves in many ways: for examples, physical self-loathing that takes form of overeating, anorexia, or bulimia; a self-destructive streak that causes poor job performance and rocky personal relationships; or a struggle with the self that is perpetuated in the adult's interaction with his or her own children. These dilemmas are both common and correctable, Dr. Golomb tells us. With an empathic blend of scholarship and case studies, along with her own personal narrative of her fight for self, Dr. Golomb plumbs the depths of this problem, revealing its mysterious hold on the affairs of otherwise bright, aware, motivated, and worthy people. Trapped in the Mirror explores. the nature of the paralysis and lack of motivation so many adults feel stress and its role in exacerbating

childhood wrongs why do many of our relationships seem to be "reruns" of the past how one's body image can be formed by faulty parenting how anger must be acknowledge to be overcome and, most important, how even the most traumatized self can be healed. Rooted in a profoundly humanist traditional approach, and suffused with the benefit of the latest knowledge about intrafamily relationships, Trapped in the Mirror offers more than the average self-help book; it is truly the first self-heal book for millions.

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Trapped in the Mirror

Adult Children of Narcissists in Their Struggle for Self *William Morrow & Company*

Looks at the psychological problems of individuals who were raised by narcissistic parents, and tells how to get rid of the false images they imposed

The Mirror in the Mirror

A Labyrinth *hockebooks*

"The Mirror in the Mirror" - Michael Ende's book is a fantastic story labyrinth of a very special kind. For the author himself, this work was of great importance: in interviews, he liked to call it his "never-ending story for adult readers." The reader is taken into a mysterious narrative world, full of bizarre situations and mysterious fates, surreal images and philosophical thoughts. Those who open themselves in amazement to these enigmatic visions and allow themselves to be drawn into the fantastic stories will emerge from Michael Ende's magic labyrinth with a new perspective. The core question is: What is reflected in a mirror that is reflected in a mirror? If two readers read the same book, they are still not reading the same thing. For both people immerse themselves into the reading. The book becomes a mirror in which the reader is reflected. But in the same way, the

reader is also a mirror in which the book is reflected: The mirror in the mirror refers the reader back to himself. The FAZ writes that Michael Ende shows with the book “how much darkness, wildness and rawness is inherent in dreams. He does not trivialize. His dreams make reference to reality because in dreams, Cicero wrote, ‘the remnants of those objects roll and tumble about in the souls which we have thought and impelled while awake’.”

Boy in the Mirror *Createspace Independent Publishing Platform*
Fifteen-year-old Jacqueline Talbot's boyfriend Mal lives in the mirror of her makeup case. There's never been anything normal about Jacqueline; not during her time in foster care, and certainly not in her new hometown of Mercy Hills. With rumors of actual monsters in the woods, the popular kids taking an unhealthy interest in her, and the revealing of her own dark past, all Jacqueline wants to do is run away forever with Mal. Too bad he's trapped in the mirror. But when she learns the ancient forces of the town want to destroy everything she loves, the race is on to free the boy in the mirror, because he just might be the only one who knows how to stop them.

Children of the Self-Absorbed

A Grown-Up's Guide to Getting Over Narcissistic Parents
New Harbinger Publications

Being a parent is usually all about giving of yourself to foster your child's growth and development. But what happens when this isn't the case? Some parents dismiss the needs of their children, asserting their own instead, demanding attention and reassurance from even very young children. This may especially be the case when a parent has narcissistic tendencies or narcissistic personality disorder. From the author of *Working with the Self-Absorbed* and *Loving the Self-Absorbed*, this major revision of a self-help classic offers a step-by-step approach to resolving conflict and building a meaningful relationship with a narcissistic parent. *Children of the Self-Absorbed* offers clear definitions of narcissism and narcissistic personality disorder to help you identify the extent of your parent's problem. You'll learn the different types of destructive narcissism and how to recognize their effects on relationships. With the aid of proven techniques, you'll discover that you're not helpless against your parent's behavior and that you needn't consider giving up on the relationship. Instead, realistic strategies and steps are suggested for learning to set mutually agreed upon behaviors that can help you fulfill your needs and expectations.

The Woman in the Mirror

A Novel *Minotaur Books*

Rebecca James unveils a chilling modern gothic novel of a family consumed by the shadows and secrets of its past in *The Woman in the Mirror*. For more than two centuries, Winterbourne Hall has stood atop a bluff overseeing the English countryside of Cornwall and the sea beyond. Enshrouded by fog and enveloped by howling winds, the imposing edifice casts a darkness over the town. In 1947, Londoner Alice Miller accepts a post as governess at Winterbourne, looking after twin children Constance and Edmund for their widower father, Captain Jonathan de Grey. Falling under the de Greys' spell, Alice believes the family will heal her own past sorrows. But then the twins' adoration becomes deceitful and taunting. Their father, ever distant, turns spiteful and cruel. The manor itself seems to lash out. Alice finds her surroundings subtly altered, her air slightly chilled. Something malicious resents her presence, something clouding

her senses and threatening her very sanity. In present day New York, art gallery curator Rachel Wright has learned she is a descendant of the de Greys and heir to Winterbourne. Adopted as an infant, she never knew her birth parents or her lineage. At long last, Rachel will find answers to questions about her identity that have haunted her entire life. But what she finds in Cornwall is a devastating tragic legacy that has afflicted generations of de Greys. A legacy borne from greed and deceit, twisted by madness, and suffused with unrequited love and unequivocal rage. There is only one true mistress of Winterbourne. She will not tolerate any woman who dares to cross its threshold and call it home. Those who do will only find a reflection of their own wicked sins and an inherited vengeance.

Trapped in a Video Game *Andrews McMeel Publishing*

Jesse Rigsby hates video games—and for good reason. You see, a video game character is trying to kill him. After getting sucked in the new game Full Blast with his friend Eric, Jesse starts to see the appeal of vaporizing man-size praying mantis while cruising around by jet pack. But pretty soon, a mysterious figure begins following Eric and Jesse, and they discover they can't leave the game. If they don't figure out what's going on fast, they'll be trapped for good!

The Girl in the Mirror *Atlantic Books*

· · · THE INTERNATIONAL BESTSELLER · · ·
‘Fresh, flavorful, and utterly intoxicating’ A. J. Finn, author of *The Woman in the Window* ‘It's impossible to do justice to the twists and turns ... riveting’ New York Times
She already has your looks. Now she wants your life... Beautiful twin sisters Iris and Summer are startlingly alike, but beneath the surface lies a darkness that sets them apart. Cynical and insecure, Iris has long been envious of open-hearted Summer's seemingly never-ending good fortune, including her perfect husband Adam. Called to Thailand to help sail the beloved family yacht to the Seychelles, Iris nurtures her own secret hopes for what might happen on the journey. But when she unexpectedly finds herself alone in the middle of the Indian Ocean, everything changes. Now is her chance to take what she's always wanted - the idyllic life she's coveted from afar. But just how far will she go to get the life she's dreamed about? And how far will she go to ensure no one discovers the truth? Filled with chilling suspense, *The Girl in the Mirror* is an addictive thriller about greed, lust, secrets and deadly lies. ‘Wildly unpredictably and expertly plotted’ Los Angeles Times

The Mirror and the Palette *Simon and Schuster*

A dazzlingly original and ambitious book on the history of female self-portraiture by one of today's most well-respected art critics. Her story weaves in and out of time and place. She's Frida Kahlo, Loïs Mailou Jones and Amrita Sher-Gil en route to Mexico City, Paris or Bombay. She's Suzanne Valadon and Gwen John, craving city lights, the sea and solitude; she's Artemisia Gentileschi striding through the streets of Naples and Paula Modersohn-Becker in Worpswede. She's haunting museums in her paint-stained dress, scrutinising how El Greco or Titian or Van Dyck or Cézanne solved the problems that she too is facing. She's railing against her corsets, her chaperones, her husband and her brothers; she's hammering on doors, dreaming in her bedroom, working day and night in her studio. Despite the immense hurdles that have been placed in her way, she sits at her easel, picks up a mirror and paints a self-portrait because, as a subject, she is always available. Until the twentieth century, art history was, in the main, written by white men who tended to write about other

white men. The idea that women in the West have always made art was rarely cited as a possibility. Yet they have - and, of course, continue to do so - often against tremendous odds, from laws and religion to the pressures of family and public disapproval. In *The Mirror and the Palette*, Jennifer Higbie introduces us to a cross-section of women artists who embody the fact that there is more than one way to understand our planet, more than one way to live in it and more than one way to make art about it. Spanning 500 years, biography and cultural history intertwine in a narrative packed with tales of rebellion, adventure, revolution, travel and tragedy enacted by women who turned their back on convention and lived lives of great resilience, creativity and bravery.

The Mirror Season *Feiwei & Friends*

"An unforgettable story of trauma and healing, told in achingly beautiful prose with great tenderness and care." —#1 New York Times bestselling author Karen M. McManus When two teens discover that they were both sexually assaulted at the same party, they develop a cautious friendship through her family's possibly-magical pastelería, his secret forest of otherworldly trees, and the swallows returning to their hometown, in Anna-Marie McLemore's *The Mirror Season*... Graciela Cristales' whole world changes after she and a boy she barely knows are assaulted at the same party. She loses her gift for making enchanted pan dulce. Neighborhood trees vanish overnight, while mirrored glass appears, bringing reckless magic with it. And Ciela is haunted by what happened to her, and what happened to the boy whose name she never learned. But when the boy, Lock, shows up at Ciela's school, he has no memory of that night, and no clue that a single piece of mirrored glass is taking his life apart. Ciela decides to help him, which means hiding the truth about that night. Because Ciela knows who assaulted her, and him. And she knows that her survival, and his, depend on no one finding out what really happened.

Lightning in a Mirror *Penguin*

The final installment in the chilling Fogg Lake trilogy by New York Times bestselling author Jayne Ann Krentz. Olivia LeClair's experiment with speed dating is not going well. First there was the nasty encounter with the date from hell who tried to murder her and now the mysterious Harlan Rancourt—long believed dead—sits down at her table and tells her she's the only one who can help him locate the legendary Vortex lab. This is not what Olivia had in mind when she signed up for the Four Event Success Guaranteed package offered by the dating agency. She doesn't have much choice, though, because her psychic investigation firm works for the mysterious Foundation and Victor Arganbright, the director, is adamant that she assist Harlan. There's just one problem—no one knows Harlan's real agenda. His father once ran the Foundation like a mob organization, and Harlan was destined to be his heir. There's a real possibility Harlan has returned to claim his inheritance. For now, however, it's a case of the enemy of my enemy is my friend because others are after the secrets of the long-lost lab. Unfortunately for Olivia, the one thing friend and foe have in common is that everyone is convinced she is the key. Her unique psychic talent is required to defuse the ticking time bomb that is Vortex. Neither trusts the other but Olivia and Harlan soon realize they must work together to survive and unlock the Bluestone Project's most dangerous secrets before more innocent people die.

Trapped Beyond the Magic Attic

When members of the club and their new friend Rose travel through the mirror in the magic attic, they become trapped in a

natural history museum.

The Out-Of-this-World Adventures of Tim Hunter

The Mirror of Doom

When 12-year-old Tim Hunter gets stuck in another world with his brother and sister, he's told there's only one way to return home. Fulfill an old prophecy and steal a mirror from the evil queen to save the land. Given no choice, Tim and his siblings face danger and battles. And Tim can't help but wonder if he'll make it home alive.

A Distant Mirror

The Calamitous 14th Century *Random House*

A "marvelous history"* of medieval Europe, from the bubonic plague and the Papal Schism to the Hundred Years' War, by the Pulitzer Prize-winning author of *The Guns of August* *Lawrence Wright, author of *The End of October*, in *The Wall Street Journal* The fourteenth century reflects two contradictory images: on the one hand, a glittering age of crusades, cathedrals, and chivalry; on the other, a world plunged into chaos and spiritual agony. In this revelatory work, Barbara W. Tuchman examines not only the great rhythms of history but the grain and texture of domestic life: what childhood was like; what marriage meant; how money, taxes, and war dominated the lives of serf, noble, and clergy alike. Granting her subjects their loyalties, treacheries, and guilty passions, Tuchman re-creates the lives of proud cardinals, university scholars, grocers and clerks, saints and mystics, lawyers and mercenaries, and, dominating all, the knight—in all his valor and "furious follies," a "terrible worm in an iron cocoon." Praise for *A Distant Mirror* "Beautifully written, careful and thorough in its scholarship . . . What Ms. Tuchman does superbly is to tell how it was. . . . No one has ever done this better."—*The New York Review of Books* "A beautiful, extraordinary book . . . Tuchman at the top of her powers . . . She has done nothing finer."—*The Wall Street Journal* "Wise, witty, and wonderful . . . a great book, in a great historical tradition."—*Commentary* NOTE: This edition does not include color images.

The Water Mirror *Simon and Schuster*

In Venice, magic is not unusual. Merle is apprenticed to a magic mirror maker, and Serafin—a boy who was once a master thief—works for a weaver of magic cloth. Merle and Serafin are used to the mermaids who live in the canals of the city and to the guards who patrol the streets on living stone lions. Merle herself possesses something magical: a mirror whose surface is water. She can reach her whole arm into it and never get wet. But Venice is under siege by the Egyptian Empire; its terrifying mummy warriors are waiting to strike. All that protects the Venetians is the Flowing Queen. Nobody knows who or what she is—only that her power flows through the canals and keeps the Egyptians at bay. When Merle and Serafin overhear a plot to capture the Flowing Queen, they are catapulted into desperate danger. They must do everything they can to rescue the Queen and save the city—even if it means getting help from the Ancient Traitor himself.

Voices In The Mirror

An Autobiography *Broadway Books*

The famed photographer, film director, writer, and composer recounts the dramatic story of his life, from his poor Kansas origins, through his breaking of racial barriers, to his triumph in America and abroad. Reprint. 12,500 first printing.

Full Tilt *Simon and Schuster*

Full of roller-coaster twists and turns, Neal Shusterman's page-turner is an Orpheus-like adventure into one boy's psyche. Sixteen-year-old Blake and his younger brother, Quinn, are exact opposites. Blake is the responsible member of the family. He constantly has to keep an eye on the fearless Quinn, whose thrill-seeking sometimes goes too far. But the stakes get higher when Blake has to chase Quinn into a bizarre phantom carnival that traps its customers forever. In order to escape, Blake must survive seven deadly rides by dawn, each of which represents a deep, personal fear--from a carousel of stampeding animals to a hall of mirrors that changes people into their deformed reflections. Blake ultimately has to face up to a horrible secret from his own past to save himself and his brother--that is, if the carnival doesn't claim their souls first!

A Winter's Promise**The Mirror Visitor, Book One** *Text Publishing*

The absorbing first instalment in the bestselling French fantasy series The Mirror Visitor Quartet—winner of the Grand Prix de l'Imaginaire.

Dark is the Moon *Orbit*

In the third volume of this original saga, the young Sensitive Karan, who carries the blood of all three Worlds in her veins, finds herself holding the knowledge that can either heal or permanently destroy the rift. The time is right for Rulke, the great betrayer, to use the deadly construct he has spent a thousand years perfecting. Unfortunately for Karan, all he needs to succeed is her unique talent. (July)

Mira, Mirror *Puffin*

When a young girl finds an enchanted mirror containing the spirit of a queen, the girl and the mirror/queen embark on a journey that will bring pain and hope to them both. Reprint.

The Land of Stories: The Wishing Spell *Little, Brown Books for Young Readers*

The first book in Chris Colfer's #1 New York Times bestselling series The Land of Stories about two siblings who fall into a fairy-tale world! Alex and Conner Bailey's world is about to change forever, in this fast-paced adventure that uniquely combines our modern day world with the enchanting realm of classic fairy tales. The Land of Stories tells the tale of twins Alex and Conner. Through the mysterious powers of a cherished book of stories, they leave their world behind and find themselves in a foreign land full of wonder and magic where they come face-to-face with fairy tale characters they grew up reading about. But after a series of encounters with witches, wolves, goblins, and trolls alike, getting back home is going to be harder than they thought.

The Castle in the Attic *Holiday House*

Ten-year-old William receives a wooden model of a medieval castle as a gift. It has everything he could possibly want, right down to a miniature drawbridge, a portcullis and a silver knight. In this enthralling story that weaves the everyday problems of growing up with magic and fantasy, the castle introduces William to an adventure involving magic, a ferocious dragon, a wicked wizard, and his own personal quest, where courage will finally triumph over fear.

Coraline *A&C Black*

When a young girl ventures through a hidden door, she finds another life with shocking similarities to her own. Coraline has

moved to a new house with her parents and she is fascinated by the fact that their 'house' is in fact only half a house! Divided into flats years before, there is a brick wall behind a door where once there was a corridor. One day it is a corridor again and the intrepid Coraline wanders down it. And so a nightmare-ish mystery begins that takes Coraline into the arms of counterfeit parents and a life that isn't quite right. Can Coraline get out? Can she find her real parents? Will life ever be the same again?

Lonely Castle in the Mirror**The No. 1 Japanese Bestseller and Guardian 2021 Highlight** *Bantam Press*

For fans of BEFORE THE COFFEE GETS COLD, fairy tale and magic are weaved together in sparse language that belies a flooring emotional punch. 'Strange and beautiful. Imagine the offspring of The Wind-up Bird Chronicle with The Virgin Suicides' GUARDIAN Translated by Philip Gabriel, a translator of Murakami

How can you save your friend's life if she doesn't want to be rescued? In a tranquil neighbourhood of Tokyo, seven teenagers wake to find their bedroom mirrors are shining. At a single touch, they are pulled from their lonely lives to a wondrous castle filled with winding stairways, watchful portraits and twinkling chandeliers. In this new sanctuary, they are confronted with a set of clues leading to a hidden room where one of them will be granted a wish. But there's a catch: if they don't leave the castle by five o'clock, they will be punished. As time passes, a devastating truth emerges: only those brave enough to share their stories will be saved. Tender, playful, gripping, LONELY CASTLE IN THE MIRROR is a mesmerizing tale about the importance of reaching out, confronting anxiety and embracing human connection. Readers love LONELY CASTLE IN THE MIRROR: ***** 'This book has become one of my favourite Japanese literature reads of all time . . . A magical heart felt read that will stay with you' ***** 'Unexpected, beautiful and heart-breaking . . . this is a work of fiction which reaches into the heart of a modern problem and has valuable insight' ***** 'Rich and vivid with lots of emotions . . . This book is a symbol of "hope is still there'

There's a Frog Trapped in the Bathroom *Kotzig Pub*

A contented frog wreaks havoc on the girls' bathroom.

Healing the Adult Children of Narcissists**Essays on the Invisible War Zone and Exercises for Recovery**

Those who have had a narcissistic parent can testify to how damaging it can be to one's psyche. Narcissistic parents lack empathy, show a severe sense of entitlement to micromanage the lives of their children and often subject their children to neglect, as well as emotional, psychological and physical abuse. From the unique challenges daughters of narcissistic fathers face to the ways in which adverse childhood experiences affect our brains, Shahida Arabi's insightful essays resonate deeply with those who have been raised by narcissistic parents. In this new essay collection, Arabi explores how narcissistic abuse in childhood can set us up for trauma repetition in adulthood, affecting how we navigate relationships, the self, and the world. She pinpoints the toxic traits and behaviors of narcissistic mothers and fathers, exposing how covert abuse insidiously plays out in these specific dynamics. She offers the essential tools, skill sets and healing modalities for survivors who have undergone a lifetime's worth of abuse, helping them to break the cycle once and for all for future generations.

Spell of the Highlander *Dell Publishing Company*

In her sexiest Highlander novel yet, "New York Times" bestselling author Moning stirs up a sizzling brew of ancient mystery and modern passion as she brings together a devilishly handsome Celtic warrior trapped in time and the woman who's about to pay a high price for freeing him.

Mark Z. Danielewski's House of Leaves *Pantheon*

A family relocates to a small house on Ash Tree Lane and discovers that the inside of their new home seems to be without boundaries

Obsidian Mirror *Penguin*

The obsidian mirror. Its power is great and terrible. Men have been lost in it, the dead brought back to life through it, and the future annihilated by it. Or this is what will happen unless the mirror is destroyed. Three people seek the mirror: the first has been sent from the future to shatter its power; the second will protect the mirror at all costs, obsessed with its power; and the third needs the mirror to find a murdered father and save his life. But only one can succeed. The mirror can send you to the past, but it will not bring you back. With superb world-building that includes the real world, the faery world, and a dystopic future, this hauntingly astonishing adventure is the start of a new trilogy from the master of the sci-fi/fantasy genre, Catherine Fisher. Fans of Orson Scott Card, Dr. Who, Shakespeare, and Blade Runner won't be disappointed.

Running Out of Time *Simon and Schuster*

Jessie lives with her family in the frontier village of Clifton, Indiana, in 1840...or so she believes. When diphtheria strikes the village and the children of Clifton start dying, Jessie's mother reveals a shocking secret -- it's actually 1996, and they are living in a reconstructed village that serves as a tourist site. In the world outside, medicine exists that can cure the dread disease, and Jessie's mother is sending her on a dangerous mission to bring back help. But beyond the walls of Clifton, Jessie discovers a world even more alien and threatening than she could have imagined, and soon she finds her own life in jeopardy. Can she get help before the children of Clifton, and Jessie herself, run out of time?

Faraway**A Novel** *Columbia University Press*

In Taiwanese writer Lo Yi-Chin's *Faraway*, a fictionalized version of the author finds himself stranded in mainland China attempting to bring his comatose father home. Lo's father had fled decades ago, abandoning his first family to start a new life in Taiwan. After travel between the two countries becomes politically possible, he returns to visit the son he left behind, only to suffer a stroke. The middle-aged protagonist ventures to China, where he embarks on a protracted struggle with the byzantine hospital regulations while dealing with relatives he barely knows. Meanwhile, back in Taiwan, his wife is about to give birth to their second child. Isolated in a foreign country, Lo mulls over his life, dwelling on his difficult relationship with his father and how becoming a father himself has changed him. *Faraway* is a powerful meditation on the nature of family and the many ways blood can both unite and divide us. Lo's depiction of family dynamics and fraught politics contains a keen sense of irony and sensitivity to everyday absurdity. He offers a deft portrayal of the rift between China and Taiwan through an intimate view of a father-son relationship that bridges this divide. One of the most celebrated writers in Taiwan, Lo has been greatly

influential throughout the Chinese-speaking world, but his work has not previously been translated into English. Jeremy Tiang's translation captures Lo's distinctive voice, mordant wit, and nuanced portrayal of Taiwanese culture.

Mirror Mage

Cass Clereaux likes her job. It's simple-steal the magic, don't get killed. FireSouls like her are perfect for magic treasure hunting. Their dragon soul helps them find treasure, their wicked powers help them steal it. But there's a big freaking downside-FireSouls are hunted. If either of the magical governments figures out what she is, she can kiss her life goodbye. When the Alpha Council comes to her with a special job, it's a no-brainer to turn it down, no matter how much money they're offering. Shifters who can sniff out her weird magic are the last supernaturals she needs to be around. Worse? They have a history of hunting FireSouls. But when Cass learns that a little girl's life is at stake and Cass is her last hope, she doesn't have a choice. With her sisters and Aidan Merrick at her back, she's got a chance at saving the girl and keeping her deadly secret-until she learns there's far more to this kidnapping than meets the eye. It's far too similar to what happened to her as a child, and everything new that she learns scares her even more.

The Last Mirror on the Left *Versify*

Otto and Sheed, The Legendary Alston Boys of Logan County, are ordered by Missus Nedraw to bring a fugitive to justice in a world that mirrors their own but has its own rules.

Lake Like a Mirror

Winner of a PEN Translates award By an author described by critics as "the most accomplished Malaysian writer, full stop," Lake Like a Mirror is a scintillating exploration of the lives of women buffeted by powers beyond their control. Squeezing themselves between the gaps of rabid urbanization, patriarchal structures and a theocratic government, these women find their lives twisted in disturbing ways. In precise and disquieting prose, Ho Sok Fong draws her readers into a richly atmospheric world of naked sleepwalkers in a rehabilitation center for wayward Muslims, mysterious wooden boxes, gossip in unlicensed hairdressers, hotels with amnesiac guests, and poetry classes with accidentally charged politics--a world that is peopled with the ghosts of unsaid words, unmanaged desires and uncertain statuses, surreal and utterly true.

The Mirror *Open Road Media*

In this twisting time-travel thriller, a woman faints on the eve of her wedding—and awakens at the turn of the century in her grandmother's body . . . The night before she is supposed to get married, Shay Garrett has no idea that a glimpse into her grandmother's antique Chinese mirror will completely transform her seemingly ordinary life. But after a bizarre blackout, she wakes up to find herself in the same house—but in the year 1900. Even stranger, she realizes she is now living in the body of her grandmother, Brandy McCabe, as a young woman. Meanwhile, Brandy, having looked into the same mirror, awakens in Shay's body in the present day—and discovers herself pregnant. As Rachael—the woman who links these two generations, mother to one and daughter to another—weaves back and forth between two time periods, this imaginative thriller explores questions of family, identity, and love. Courageous, compassionate Shay finds herself fighting against the confines of a society still decades away from women's liberation, while Brandy struggles to adapt to the modern world she has suddenly been thrust into. The truth behind this inexplicable turn of events is more complex than

either woman can imagine—and The Mirror is a tribute to the triumph of the female spirit, even in the face of seemingly insurmountable obstacles. “What happens will surprise you. In the meantime, settle down for a good read.” —The Denver Post

A Mirror Mended *Tordotcom*

A Mirror Mended is the next installment in USA Today bestselling author Alix E. Harrow's Fractured Fables series. Zinnia Gray, professional fairy-tale fixer and lapsed Sleeping Beauty is over rescuing snoring princesses. Once you've rescued a dozen damsels and burned fifty spindles, once you've gotten drunk with twenty good fairies and made out with one too many members of the royal family, you start to wish some of these girls would just get a grip and try solving their own narrative issues. Just when Zinnia's beginning to think she can't handle one more princess, she glances into a mirror and sees another face looking back at her: the shockingly gorgeous face of evil, asking for her help. Because there's more than one person trapped in a story they didn't choose. Snow White's Evil Queen has found out how her story ends and she's desperate for a better ending. She wants Zinnia to help her before it's too late for everyone. Will Zinnia accept the Queen's poisonous request, and save them both from the hot iron shoes that wait for them, or will she try another path?

The Body Keeps the Score

Brain, Mind, and Body in the Healing of Trauma *Penguin*

#1 New York Times bestseller “Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and

trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

The 48 Laws of Power *Penguin*

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, The 48 Laws of Power is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Unloved Again

Breaking Your Serial Addiction *iUniverse*

Love can be hell. It is not an accident which moves us to love the wrong person or to hate the right one, over and over again. Most of us remain unaware of how to escape this perpetual cycle of bad relationships. • Do you continually fall for the wrong person? • Do you find yourself driving the right person away? • Do your relationships quickly switch from blissful to tortured? • Do you criticize unreasonably or find yourself being criticized disproportionately? In Unloved Again, Dr. Elan Golomb identifies the crux of emotional and psychological problems which underlie love's repeated failures. Only in addressing these deep-seated issues can one escape the dance of romantic folly. With this book you will uncover the secret to enjoying a happy and lasting love life.