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Speak Your Truth 2021-01-07 the inspiring sunday times bestseller fearne cotton is a tireless seeker of the truth and a wonderful communicator of sanity hope and most refreshingly of all reality this is simply put a beautiful book elizabeth gilbert author of eat pray love and big magic during a time where misinformation is spreading faster than ever and people are finding it hard to keep it real fearne shows us the power of living in our truth she has a magical way of making us feel understood through her compelling storytelling while showing us a path to a more authentic life vex king author of good vibes good life this book is going to help a lot of people philippa perry author of the book you wish your parents had read loved it without judgement but with a cheeky wink of wisdom fearne gives you the tools that she s learned on her own journey skin skunk anansie we need truth talkers more than we ever have right now wild bold connected truth talkers fearne takes our hand and shows us how to be one by treading the wild vulnerable path first sarah wilson author of first we make the beast beautiful fearne cotton s voice is familiar to millions whether that s through television radio or on her hugely successful happy place podcast her voice is her career her livelihood and the way she communicates with her audience and her loved ones so when fearne s doctor told her she was at risk of needing a throat operation followed by two weeks of being unable to speak she found herself facing a period of unexpected contemplation as she considered what silence would mean fearne began to think about other times her voice had gone unheard as a young woman as just the talent as the foil to louder more dominant figures she found herself wondering at what point do we internalise this message and start silencing ourselves when do we swallow down our authentic words to become pleasers and compromisers at the cost of our own happiness or wellbeing speak your truth dives into all the ways we learn to stay guiet for the wrong reasons and explores how to find your voice assert yourself and speak out with confidence brave vulnerable and deeply personal speak your truth shares fearne s compelling story and helps you to shape your own

Three Hours 2020-01-06 if you read only one thriller this year make it this one daily mail gob smackingly heart stoppingly breath holdingly brilliant ruth jones three hours to save the people you love in rural somerset in the middle of a blizzard the unthinkable happens a school is under siege pupils and teachers barricade themselves into classrooms the library the theatre the headmaster lies wounded in the library unable to help his trapped students and staff outside a police psychiatrist must identify the gunmen while parents gather desperate for news in three intense hours all must find the courage to stand up to evil and save the people they love a top 10 sunday times bestseller the times thriller of the year a best book of 2020 in the sunday times times guardian mail mirror literary review stylist red and good housekeeping a times sunday times thriller of the month brilliant lee child better off dead a brave timely and intricately crafted work emma stonex the lamplighters superb kate mosse the city of tears it s beautifully elegantly written so gripping intelligent timely affecting and moving marian keyes again rachel a brilliant literary thriller moving masterly sunday times kept us on the edge of our seats from start to finish independent a novel that you live rather than merely read daily telegraph amazing davina mccall menopausing an electrifying pulse racing novel red wow this is a stunner of a book staggeringly good jane fallon just got real an emotionally devastating and beautifully observed literary thriller observer astonishing powerful terrifying heartbreaking emma flint little deaths intersperses scenes of breath sucking tension with stirring meditations on human nature guardian

The Guardians 2019-10-15 the sunday times bestseller from international bestseller john grisham grisham at his passionate best daily mail he was framed for murder now he needs a miracle 22 years ago quincy miller was sentenced to life without parole he was accused of killing keith russo a

lawyer in a small florida town but there were no reliable witnesses and little motive just the fact that russo had botched quincy s divorce case that quincy was black in a largely all white town and that a blood splattered torch was found in the boot of quincy s car a torch he swore was planted a torch that was conveniently destroyed in a fire just before his trial the lack of evidence made no difference to judge or jury in the eyes of the law quincy was guilty and no matter how often he protested his innocence his punishment was life in prison finally after 22 years comes quincy s one and only chance of freedom an innocence lawyer and minister cullen post takes on his case post has exonerated eight men in the last ten years he intends to make quincy the next but there were powerful and ruthless people behind russo s murder they prefer that an innocent man dies in jail rather than one of them there s one way to guarantee that they killed one lawyer 22 years ago and they II kill another without a second thought praise for john grisham s the guardians a canny and engrossing blend of two types of grisham novel enough of the familiar formula of a single lawsuit in a single town mixed with a more picaresque and multistranded approach that has the significant advantage of taking in a wider swathe of america the sunday times delivered with all his signature easy flowing style a past master at the art of deft characterisation and the skilful delivery of hair raising crescendos grisham makes this a deceptively easy read irish independent this is typical grisham speedy gripping very good at conveying the complexities of the law in a digestible way sunday express speedy and gripping daily mirror 350 million copies 45 languages 9 blockbuster films no one writes drama like john grisham

A Theatre for Dreamers 2020-04-02 the sunday times bestseller delicious nigella lawson clever and beguiling guardian sublime and immersive jojo moyes erica is eighteen and ready for freedom it s the summer of 1960 when she lands on the sun baked greek island of hydra where she is swept up in a circle of bohemian poets painters musicians writers and artists living tangled lives life on their island paradise is heady dream like a string of seemingly endless summer days but nothing can last forever a surefire summer hit at once a blissful piece of escapism and a powerful meditation on art and sexuality observer heady armchair escapism an impressionistic intoxicating rush of sensory experience sunday times if summer was suddenly like a novel it would be like this one immaculate andrew o hagan

Let Me Lie 2018-03-08 you won t be able to put this addictive no 1 bestseller down and don t miss clare mackintosh s twisty new thriller a game of lies is out now no one writes a twist like clare mackintosh paula hawkins a belter of a novel heat the police say it was suicide anna says it was murder who do you believe one year ago caroline johnson chose to end her life brutally a shocking suicide planned to match that of her husband just months before their daughter anna has struggled to come to terms with their loss ever since now with a young baby of her own anna misses her mother more than ever and starts to ask questions about her parents deaths but by digging up the past is she putting her future in danger sometimes it s safer to let things lie another one more chapter stay up late sensation lee child absolutely brilliant i loved it i think this is clare mackintosh s best yet marian keyes a triumph louise candlish a work of genius joanna cannon a rollercoaster ride with a shocker of a final sentence good housekeeping clare mackintosh does it again a brilliantly twisting tale erin kelly

Nothing Ventured 2019-09-05 the sunday times no 1 bestseller nothing ventured is the incredible and thrilling novel by the master storyteller and bestselling author of the clifton chronicles and kane and abel jeffrey archer this is not a detective story this is a story about a detective william warwick is eight when he decides he wants to join the police force resolute in the face of his prominent qc father s objections william graduates in art history from university and immediately enrols as a constable in the metropolitan police gaining insight from his first mentor an experienced world weary constable his keen mind quickly takes him into a role in scotland yard s art and antiques unit and his first case the recovery of a rembrandt stolen from the fitzmolean museum it will take skill and tenacity for william to solve the crime and along the way he will encounter many who will change his life from miles faulkner a crooked art collector and his influential lawyer who bends the law to the point of breaking to research assistant beth rainsford a

woman with secrets who he falls hopelessly in love with william warwick s destiny is set the only question is how far will his ambition take him thrilling absorbing and entertaining nothing ventured heralds the start of an exciting series from master storyteller jeffrey archer and introduces a character destined to become one of his most enduring legacies

Galatea 2013-07-04 from the internationally bestselling and prize winning author of the song of achilles and circe an enchanting short story that boldly reimagines the myth of galatea and pygmalion featuring a new afterword by madeline miller in ancient greece a skilled marble sculptor has been blessed by a goddess who has given his masterpiece the most beautiful woman the town has ever seen the gift of life now his wife he expects galatea to please him to be obedience and humility personified but she has desires of her own and yearns for independence in a desperate bid by her obsessive husband to keep her under control she is locked away under the constant supervision of doctors and nurses but with a daughter to rescue she is determined to break free whatever the cost praise for circe a thrilling tour de force of imagination mail on sunday a bold and subversive retelling new york times a novel to be gobbled greedily in one sitting observer a remarkable achievement sunday times

The List of Suspicious Things 2024-02-15 the number 3 sunday times bestseller a best debut of 2024 by bbc red good housekeeping i absolutely adore it marian keyes such a beautiful story about friendship community and family and secrets and what s going on underneath zoe ball gripping and moving guardian to read it is to feel that little bit better about life elizabeth day a touching paean to lost innocence and the comfort of friendships the times a beautiful mystery with heart rob rinder this is a heart warming book emma healey a gorgeous page turning book i paper yorkshire 1979 maggie thatcher is prime minister drainpipe jeans are in and miv is convinced that her dad wants to move their family down south because of the murders leaving yorkshire and her best friend sharon simply isn t an option no matter the dangers lurking round their way or the strangeness at home that started the day miv s mum stopped talking perhaps if she could solve the case of the disappearing women they could stay after all so miv and sharon decide to make a list a list of all the suspicious people and things down their street people they know people they don t but their search for the truth reveals more secrets in their neighbourhood within their families and between each other than they ever thought possible what if the real mystery miv needs to solve is the one that lies much closer to home the perfect debut novel to discuss in book clubs reader reviews left a lump in my throat and a hole in my heart a book i won t forget for a while a beautiful and emotional debut that i know will stay with me for a long time a superb look at childhood at growing up at starting to see the world around you

Young Mungo 2022-04-14 the number one sunday times bestseller prepare your hearts for douglas stuart is back after the extraordinary success of shuggie bain his second novel young mungo is another beautiful and moving book a gay romeo and juliet set in the brutal world of glasgow s housing estates the observer the extraordinary powerful second novel from the booker prize winning author of shuggie bain young mungo is both a vivid portrayal of working class life and the deeply moving story of the dangerous first love of two young men mungo and james born under different stars protestant mungo and catholic james live in a hyper masculine world they are caught between two of glasgow s housing estates where young working class men divide themselves along sectarian lines and fight territorial battles for the sake of reputation they should be sworn enemies if they re to be seen as men at all and yet they become best friends as they find a sanctuary in the doocot that james has built for his prize racing pigeons as they begin to fall in love they dream of escaping the grey city and mungo must work hard to hide his true self from all those around him especially from his elder brother hamish a local gang leader with a brutal reputation to uphold but the threat of discovery is constant and the punishment unspeakable when mungo s mother sends him on a fishing trip to a loch in western scotland with two strange men behind whose drunken banter lie murky pasts he needs to summon all his inner strength and courage to get back to a place of safety a place where he and james might still have a future imbuing the everyday world of its characters with rich lyricism douglas stuart s young mungo is a gripping and revealing story about the meaning of masculinity the

push and pull of family the violence faced by so many gueer people and the dangers of loving someone too much The Mother 2023-03-02 t m logan s latest gripping thriller the dream home is now available for pre order in hardback ebook and audio the new utterly unputdownable thriller from the author of the holiday and the catch you wake up your husband is dead and you are the prime suspect your children have been taken away your life sent into freefall and yet you can barely remember anything about the night you lost everything ten years later you are released from prison what do you do do you accept your fate your conviction and leave your children to be raised by someone else or do you stop at nothing to find out the truth about what really happened that night and to get your family back praise for the mother a tense and compelling thriller that demands to be read in one sitting with a final twist that will make you gasp logan belongs in the top echelons of british thriller writers sunday express a true single sitting read the mother is the best yet from the master of the heartbreaking heart pounding head spinning thriller ellery lloyd author of people like her i ripped through the mother in a day my heart in my mouth the entire time superbly plotted and packed full of danger this is t m logan s best most adrenaline fuelled thriller yet louise candlish a heart pounding read that kept me gripped from start to finish sarah pearse an irresistible new thriller the real triumph in the mother is that fierce flawed title character she s a mother like no other a j finn international bestselling author of the woman in the window a heart stopping twisting unmissable thrill ride the mother kept me glued to my seat and guessing until the very end no one does it better than t m logan chris whitaker sharply written and deeply emotive the mother is a gripping thriller that kept me turning the pages late into the night this is t m logan at his finest lucy clarke t m logan is at the top of his game the mother is a propulsive novel of secrets heartbreaking betrayal and what lengths an individual goes to put family first I v matthews unbearably tense from the very first chapter and constantly shocking t m logan is a master of misdirection sharon bolton a true single sitting read the mother is the best yet from the master of the heartbreaking heart pounding head spinning thriller ellery lloyd author of people like her a propulsive unrelentingly compelling thriller b p walter sunday times bestselling author of the dinner guest t m logan takes you an emotional rollercoaster with his latest unputdownable thriller he just gets better and better heidi perks part mystery part revenge story 100 enthralling gillian mcallister sunday times bestselling author of wrong place wrong time a superbly crafted thriller about a woman reclaiming her life and past after a murder conviction she will stop at nothing to clear her name and nothing will stop you turning the pages of this gripping read until the satisfying finale engrossing olivia kiernan sunday times bestseller sunday 12th march 2023

So Close 2023-03-30 from the author of the crossfire saga comes the beginning of a twisty tale of obsession and fury as a trinity of women protect what they covet at any cost dangerous and sultry domestic suspense at its sexiest samantha downing a gripping pageturner glamour uk absolutely cannot wait for the next one in the series so many twists and turns i was constantly delighted by each chapter 5 reader review powerful i m obsessed why can t the rest of the series be available immediately 5 reader review you can t believe all of them but can you trust any of them widower kane black has never got over the death of his wife lily until he sees a woman with her inimitable beauty on manhattan s streets and whisks her up to his towering penthouse but not everyone is ready to accept lily s return aliyah kane s mother thinks that lily exerts dangerous control and there is only room in this family for one queen while kane s sister in law amy has been hurt in the past and now is out for revenge three women linked by buried secrets circle the man who so willingly accepts the return of his dead wife but kane is happier than he has ever been and will do anything to keep it that way a lushly gothic novel of domestic suspense so close is an emotionally intense and addictive story of love greed and ambition from multimillion copy international bestseller sylvia day you will gobble it up take the plunge into the rip current because it is about consume you and leave you gasping till october 2023 for the next instalment 5 reader review this instantly had me intrigued you can t stop reading that ending my goodness i m so ready for the next book 5 reader review the sunday times bestseller april 2023

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I See You 2016-07-28 discover the twisty gripping richard judy book club pick and sunday times number one bestseller and don t miss clare s brand new thriller a game of lies is out now you do the same thing every day you know exactly where you re going you re not alone when zoe walker sees her photo in the classifieds section of a london newspaper she is determined to find out why it s there there s no explanation just a grainy image a website address and a phone number she takes it home to her family who are convinced it s just someone who looks like zoe but the next day the advert shows a photo of a different woman and another the day after that is it a mistake a coincidence or is someone keeping track of every move they make praise for i see you a breathless thriller it s a must finish at all costs job daily mail a chilling and original story kept me reading until dawn rachel abbott accomplished addictive and thought provoking you II never feel the same about taking the tube again b a paris a deliciously creepy tale of urban paranoia ruth ware wonderfully sinister had me looking over my shoulder every time i travelled on the tube fiona barton another edge of your seat thriller a terrifyingly plausible plot and gasp inducing ending good housekeeping i had chills the entire way through jenny blackhurst Love, Iris 2018-12-27 the sunday times top ten bestseller and richard judy book club pick from the author of the family holiday a moving and heart warming novel about love in all its forms sunday express did you ever have a secret you knew would change everything tess s happy childhood memories are mostly of the grandmother who helped raise her and now she has a secret to tell iris one which will turn so many lives upside down but how can you confide your future in someone who barely remembers her past tess knows everything is about to change what she doesn t know is that chance will lead her into the lives of two strangers and uncover her grandmother s secret from the past a secret which will illuminate her own future an uplifting unforgettable story about keeping secrets taking chances and finding happiness where you least expect it previously published as letters to iris nobody weaves a complex web of stories with guite the same skill as elizabeth noble an uplifting read written with wry humour insight and sensitivity sunday express noble specialises in warm hearted tearjerkers with strong connections between women daily mail a beautiful tale of love loss and hope sun a heart warmer prima packed with intrigue yours magazine

Talking to My Daughter 2019-02-28 the sunday times bestseller begin the new year with a fresh perspective on economics capitalism and the society we live in yanis varoufakis world renowned economist writes to his daughter to teach her the hazards of capitalism why is there so much inequality asked xenia to her father answering her questions in a series of accessible and tender letters varoufakis educates her to what economics and capitalism is and why it is so dangerous taking from memories of her childhood and a variety of well known tales from oedipus and faust to frankenstein and the matrix varoufakis turns talking to my daughter into an enjoyable and engaging read without ever shying from the harder truths greece s former finance minister explains everything you need to know to understand why economics is the most important drama of our times in answering his daughter s deceptively simple questions varoufakis disentangles our troubling world with remarkable clarity and child like honesty as well as inspiring us to make it a better one utterly accessible deeply humane and startlingly original a potent democratic tool at the perfect time naomi klein

The Librarian 2018-04-26 a charmingly subversive novel about a library in 1950s england by the acclaimed author of the cleaner of chartres sylvia blackwell a young woman in her twenties moves to east mole a quaint market town in middle england to start a new job as a children s librarian but the apparently pleasant town is not all it seems sylvia falls in love with an older man but it s her connection his precocious young daughter and her neighbours son which will change her life and put them the library and her job under threat how does the library alter the young children s lives and how do the children fare as a result of the books sylvia introduces them to

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The Women of Troy 2021-08-26 the sunday times bestseller following her bestselling critically acclaimed the silence of the girls pat barker continues her extraordinary retelling of one of our greatest myths myth for a metoo age pat barker returns to homer in this gory but unexpectedly uplifting novel sunday times troy has fallen the greeks have won their bitter war they can return home as victors all they need is a good wind to lift their sails but the wind has vanished the seas becalmed by vengeful gods and so the warriors remain in limbo camped in the shadow of the city they destroyed kept company by the women they stole from it the women of troy helen poor helen all that beauty all that grace and she was just a mouldy old bone for feral dogs to fight over cassandra who has learned not to be too attached to her own prophecies they have only ever been believed when she can get a man to deliver them stubborn amina with her gaze still fixed on the ruined towers of troy determined to avenge the slaughter of her king hecuba howling and clawing her cheeks on the silent shore as if she could make her cries heard in the gloomy halls of hades as if she could wake the dead and briseis carrying her future in her womb the unborn child of the dead hero achilles once again caught up in the disputes of violent men once again faced with the chance to shape history masterful and enduringly resonant ambitious and intimate the women of troy continues pat barker s extraordinary retelling of one of our greatest classical myths following on from the critically acclaimed the silence of the girls readers turn to barker s novels for their plain truths and clear eyed sense of our history and creation stories but the sombre clarity of her writing is offset by a luminous wisdom sunday times the women of troy s immediate beauty is its accessibility and barker s precise elegant writing metro barker has always looked on the world with the combination of a cold eye and a sympathetic understanding her characterisation is sharp her sympathy d

My Favourite Mistake 2024-04-11 the hilarious and heartwarming sunday times bestseller must read of the summer keyes is a powerhouse the sunday times what heaven wish it could go on forever nigella lawson unbelievable so much talent chris evans anna has just lost her taste for the big apple she has a life to envy an apartment in new york a well meaning too well meaning partner and a high flying job in beauty pr who wouldn t want all that anna it turns out trading a minor midlife crisis for a major life event she switches the skyscrapers of manhattan for the tiny irish town of maumtully population 1 217 helping old friends brigit and colm set up a luxury coastal retreat tougher than it sounds newflash the locals hate the idea so much so there have been threats and violence anna however worked in the beauty industry there s no ugliness she hasn t seen no wrinkle she can t smooth over there s just one fly in the ointment old flame joey armstrong he s going to be her wingman never mind their chequered history never mind what might have been because no matter how far you go your mistakes will still be waiting for you much to love eye wateringly comical observer warmhearted and deftly plotted page turner a celebration of kindness that of family and friends sunday telegraph you are all in for a treat my favourite mistake is by turns hilarious and heart breaking with a very satisfying mystery at the heart of it too elly griffiths explodes with joyful humanity on every page sara pascoe a great big mystery romance that will make you laugh on every page a marvel catherine newman we love marian for her humour relatable style and wisdom all of which are present here a big hearted read full of big feelings woman home furiously funny and stealthily profound there s so much depth but reading it made me feel happier and lighter than i have in ages it s sexy smart wise touching and fun daisy buchanan a great read from this much loved author prima praise for marian keyes delightfully funny daily telegraph funny tender completely absorbing graham norton an entertaining growingly poignant contemporary tale sunday times funny heartbreaking achingly real jane fallon beautifully written funny heartbreaking and always wise a proper treat daily mail readers are loving my favourite mistake this book is hilarious relatable sexy and moving by turn and i inhaled it within a day fabulous reader review i was absolutely overjoyed to be able to read and review this book and i left abandoned housework children and much more behind as i indulged myself with this book i literally did not want to put it down at all reader review omg it s good to have these lovely characters back reader review the most magical of storytellers has done it again the world would be a far sadder place without marian keyes reader review it was engaging funny sad and everything in between with that wonderful familiarity certain book characters just have

brilliant reader review marian keyes number 1 sunday times bestseller april 2024 uk marian keyes number 1 bestseller republic of ireland and number 1 bestseller south africa nielsen bookscan april 2024

Tom Lake 2023-08-01 dive into tom lake the breathtaking new novel from ann patchett the sunday times and no 1 new york times bestseller shortlisted for waterstones books of the year 2023 a reese witherspoon and bbc radio 2 book club pick a 2023 book of the year for the times filled with the moments i live for in a story bonnie garmus author of lessons in chemistry tom lake has it all young love sibling rivalry and deep mother daughter relationships reese witherspoon one of the most beloved authors of her generation sunday times this is a story about peter duke who went on to be a famous actor this is a story about falling in love with peter duke who wasn t famous at all it s about falling so wildly in love with him the way one will at twenty four that it felt like jumping off a roof at midnight there was no way to foresee the mess it would come to in the end it s spring and lara s three grown daughters have returned to the family orchard while picking cherries they beg their mother to tell them the one story they ve always longed to hear of the film star with whom she shared a stage and a romance years before tom lake is a meditation on youthful love married love and the lives parents lead before their children are born both hopeful and elegiac it explores what it means to be happy even when the world is falling apart one of our greatest living chroniclers of love and marriage expect wonder patchett always delivers elle

Slug 2021-05-13 the sunday times bestseller an intoxicating mixture of poetry and prose slug is a taboo busting delight scotsman one of the best poets we have matt haig she writes with honesty conviction humour and love kae tempest the new collection of poetry and prose from the ted hughes award winning author of nobody told me from finnish saunas and soppy otters to grief grandparents and kellogg s anti masturbation pants slug is a book which holds a mirror lovingly up to the world past and present through hollie s driving funny hopeful poetry and prose slug is about the human condition of birth and death and how we manage the possibilities in between the inimitable words of poet goddess hollie mcnish once again hold up honest damn funny and refreshing takes on the everydayness of our lives never have we needed her more stylist hollie always articulates exactly how i feel charly cox a tribute to life itself red

Faking Friends 2018-01-11 the sunday times bestseller from the author of worst idea ever what if your best friend turned out to be your worst enemy a deftly plotted witty tale of revenge it s a romcom with attitude mail on sunday best friend soulmate backstabber amy thought she knew everything about her best friend melissa and she also thought she was about to marry the man of her dream until she discovers he has been having an affair and melissa is the other woman in one disastrous weekend she has lost her home her fiancé and her best friend but instead of falling apart she is determined to get her own back it s fabaliss i was so gripped marian keyes i couldn t put it down 5 reader review barbed twisty and full of deliciously dry wit this is smart stuff to race through sunday mirror so many twists i didn t see coming 5 reader review brilliant original edgy and compulsively readable daily mail shortlisted for a national book award longlisted for the comedy women in print prize

<u>Ruthless Women</u> 2021-02-18 ambition can be deadly a sizzling thriller set behind the scenes of a glamorous tv soap from a sunday times bestselling author falcon bay is the uk s favorite tv soap beamed to millions three days a week from its beautiful location in the channel islands but the show has a new owner and ratings are falling the cast and crew used to be one big family but now they ve turned against each other in the battle to impress their new boss and survive the downturn writer farrah lead actor catherine and producer amanda are the driven ambitious women who keep the show on the road but farrah is losing episodes to her less experienced male rival catherine is terrified of the public falling out of love with her and amanda s evil husband jake vice president of the network is plotting to get his wife kicked off the show can these women team up to bring down their rivals only if they are prepared for a battle of the sexes where they II need to be as ruthless as the men to come out on top

2014-03-25 louise is a voice you can really trust i ve learnt so much from her and now you can too holly willoughby dr louise is a miracle worker lorraine kelly louise is my no 1 go to when it comes to anything menopause and this book is perfect for when i m worried about anything alison hammond louise newson is wonderful a real expert in her field joe wicks your complete expert evidence based guide to the perimenopause and menopause dr louise newson is fast becoming the leading medical expert on hormone health this revised and expanded edition of her bestselling book has all the information and advice you need to understand the impact of low hormone levels on your perimenopause symptoms as well as on your future health post menopause there s an up to date guide to hrt doses how to deal with hrt availability fluctuations new research on testosterone and its benefits beyond libido boosting and startling findings on how low hormones can increase our propensity towards addictive behaviours including intake of alcohol new interviews with experts including dr lisa mosconi discuss pertinent questions such as whether hrt can reduce the risk of dementia and new case studies from newson health reveal essential research on how hormone imbalance can impact the neurodivergent brain with the gender pay gap highlighting inequality in the workplace and women's pension pots diminished it is vitally important that the frightening stats showing almost 60 of women have taken time off work or reduced their hours due to menopause symptoms are broadcast far and wide this book will empower and inform you to improve your own menopause care as well as understand the bigger societal issues that have been ignored for far too long The Definitive Guide to the Perimenopause and Menopause - The Sunday Times bestseller 2023-03-16 shortlisted for crime fiction book of the year at the an post irish book awards 2021 a heart stopping tale stunningly original sunday times crime book of the month grips from the first page and keeps upping the stakes i didn t predict any of the twists and turns sarah pearse bestselling author of the sanatorium one missing boy marissa irvine arrives at 14 tudor grove expecting to pick up her young son milo from his first playdate with a boy at his new school but the woman who answers the door isn t a mother she recognises she isn t the nanny she doesn t have milo and so begins every parent s worst nightmare four guilty women as news of the disappearance filters through the guiet dublin suburb and an unexpected suspect is named whispers start to spread about the women most closely connected to the shocking event because only one of them may have taken milo but they could all be blamed in a community full of secrets who is really at fault sharp sophisticated and full of suspense everything you need for a perfect summer read cara hunter bestselling author of close to home andrea mara s tight plotting and convincing characterisation make her books both compelling and intriguing liz nugent author of lying in wait a wonderfully twisty nightmare of a domestic thriller emma curtis author of keep her quiet a cracking read from a writer at the top of her game and wow that twist floored me claire allan author of her name was rose someone has taken marissa s child the fun in this fiendishly twisting narrative is trying to work out who that might be irish independent everyone is gossiping about all her fault wow wow i have not read a book this thrilling in ages so many twists and turns and what a shock at the end this is one of the best thriller books i have read this year i was totally blown away you must read this book the final chapter is the perfect payoff a great twisty read that kept me on the edge of my seat pre order someone in the attic the unputdownable new thriller from no 1 sunday times bestselling author andrea mara

All Her Fault 2021-07-08 the sunday times bestseller the electrifying new orphan x adventure in the bestselling series evan smoak returns with a mission which could cost him everything a stellar series and the stories get better with each instalment daily mail a witty satisfying thriller sun a heavily armed counter assault team a convoy of tactical vehicles plus decoys air support a sedative more commonly used to knock out large animals arm and leg restraints a hood mouthguard and a secret service agent asking for a selfie this was not your average invitation to meet with the president but then orphan x is not your average guest the last survivor of the off the books programme that raised and trained him evan smoak was sent around the world to do his government s dirty work until he escaped now once again in need of his particular skill set the president tracks him down and offers

him a deal kill a man she deems too dangerous or be executed himself evan must decide whether to accept he s spent years trying to atone for his former life but if by taking on the mission he must betray the very principles he now lives by what is left one thing becomes clear to the president soon enough no one should ever try to force evan s hand because putting orphan x in an impossible spot only makes him more dangerous as a crafter of wham bam action and suspense leavened with a healthy dose of humour hurwitz s abilities are as fine tuned as ever daily express praise for the orphan x series feels like a missile launch david baldacci outstanding in every way lee child weapons grade thriller writing guardian an immensely entertaining adventure the times the last orphan on the sunday times bestseller list february 2023

<u>The Last Orphan</u> 2023-02-16 the sunday times bestseller shocking and enlightening touching and affecting daily mail a masterpiece one of the great novels of this or any other century independent as young boys both jacques rebière and thomas midwinter become fascinated with trying to understand the human mind as psychiatrists their quest takes them from the squalor of the victorian lunatic asylum to the crowded lecture halls of the renowned professor charcot in paris from the heights of the sierra madre in california to the plains of unexplored africa as the concerns of the old century fade and the first world war divides europe the two men s volatile relationship develops and changes but is always tempered by one exceptional woman thomas s sister sonia structurally intricate yet intensely focused on the lives of individuals replete with interesting ideas and exceptionally fine writing observer a bold and remarkable work of imagination to write so well for so many pages is an amazing feat of intellectual athleticism sunday telegraph

Human Traces 2024-06-13 the suspense filled new novel from the no 1 sunday times bestseller claire douglas she finally has her dream life but someone knows the truth her best yet it s gripping atmospheric and so original gillian mcallister thrilling twisty and impossible to put down claire douglas at her very best tim weaver a gripping read so cleverly plotted and brimming with tension gilly macmillan a tightly plotted dazzling thriller filled with claire douglas s trademark suspense an up all night read lucy clarke a whirlwind of a thriller with twists that made me gasp cl taylor ingenious and compelling absolutely loved it mark edwards so many ingenious twists so many gasp moments i absolutely loved it b p walter emilia ward lives guietly in suburban london with her husband and two children just an ordinary wife and mother but also a bestselling crime writer when she starts writing her tenth detective miranda moody novel however life takes a frightening turn an incident straight out of one of her novels occurs in real life just an unsettling coincidence she thinks until it happens again then someone she knows dies exactly like a victim in the book she s still writing why is someone doing this how do they know what she is writing and how long before emilia and her family are next readers are gripped by the woman who lied a fantastic thriller fresh and original genuinely kept me guessing and a total page turner 5 reader review i did not want this book to end i read it in bed on the sofa in the bus you get the picture did not put it down till it was done then felt disappointed with myself as i had gobbled it up and not spread the treat out best book by the author 5 reader review wow what a book i could not put it down would definitely recommend 5 reader review claire douglas never disappoints she keeps you hooked until the final page each story she produces is better than the last with twists galore 5 reader review truly tremendous cleverly plotted with a deftly drawn cast and an enthralling one sit read 5 reader review tremendous 5 reader review praise for claire douglas i loved this twisty novel richard osman clever gripping terrifically compelling kept me glued to the page sarah pearse eerie spine tingling douglas is a master storyteller the perfect immersive read janice hallett douglas is the gueen of the unexpected twist gillian mcallister spine chilling the sunday times a deliciously dark captivating and twisty mystery from the gueen of gripping pageturners cl taylor

The Woman Who Lied 2023-07-06 the number one bestseller chris broad explores japan in all its quirky glory endlessly fascinating will ferguson author of hokkaido highway blues carves a unique path across japan bringing him into contact with far too many cats heartening renewal in tohoku and even pizza with ken watanabe iain maloney author of the only gaijin in the village fascinating fact packed and very funny an excellent and enjoyable read for

the japan curious i loved it and learned a lot sam baldwin author of for fukui s sake two years in rural japan when englishman chris broad landed in a rural village in northern japan he wondered if he d made a huge mistake with no knowledge of the language and zero teaching experience was he about to be the most quickly fired english teacher in japan s history abroad in japan charts a decade of living in a foreign land and the chaos and culture clash that came with it packed with hilarious and fascinating stories this book seeks out to unravel one the world's most complex cultures spanning ten years and all forty seven prefectures chris takes us from the lush rice fields of the countryside to the frenetic neon lit streets of tokyo with blockbuster moments such as a terrifying north korean missile incident a mortifying experience at a love hotel and a week spent with japan s biggest movie star abroad in japan is an extraordinary and informative journey through the land of the rising sun number one sunday times bestseller august 2023

Abroad in Japan 2023-08-03 selected as one of the oprah daily s best books of 2022 from the author of the classic a little life a bold brilliant novel spanning three centuries and three different versions of the american experiment about lovers family loss and the elusive promise of utopia in an alternate version of 1893 america new york is part of the free states where people may live and love whomever they please or so it seems the fragile young scion of a distinguished family resists betrothal to a worthy suitor drawn to a charming music teacher of no means in a 1993 manhattan besieged by the aids epidemic a young hawaiian man lives with his much older wealthier partner hiding his troubled childhood and the fate of his father and in 2093 in a world riven by plagues and governed by totalitarian rule a powerful scientist s damaged granddaughter tries to navigate life without him and solve the mystery of her husband s disappearances these three sections are joined in an enthralling and ingenious symphony as recurring notes and themes deepen and enrich one another a townhouse in washington square park in greenwich village illness and treatments that come at a terrible cost wealth and squalor the weak and the strong race the definition of family and of nationhood the dangerous righteousness of the powerful and of revolutionaries the longing to find a place in an earthly paradise and the gradual realization that it can t exist what unites not just the characters but these americas are their reckonings with the gualities that make us human fear love shame need loneliness to paradise is a fin de siecle novel of marvelous literary effect but above all it is a work of emotional genius the great power of this remarkable novel is driven by yanagihara s understanding of the aching desire to protect those we love partners lovers children friends family and even our fellow citizens and the pain that ensues when we cannot praise for to paradise to paradise is a transcendent visionary novel of stunning scope and depth a novel so layered so rich so relevant so full of the joys and terrors the pure mystery of human life is not only rare it s revolutionary michael cunningham pulitzer prize winning author of the hours hanya yanagihara interrogates love and history in a novel that feels prophetic but in fact rises from the oldest of human themes ardor shame and our most profound protective instincts she builds a future narrated by vulnerable yet sturdy charlie a merciful heart burning for all creation to paradise is a world of its own a major work and one of the rare books equipped to tell us what it means to be an american louise erdrich author of pulitzer prize winning the night watchman and new york times bestseller the sentence sometimes literature takes time to digest momentous events occasionally though a masterpiece emerges from the white heat of the moment the great gatsby the decameron the waste land there s something miraculous about reading to paradise while the coronavirus crisis is still playing out around us the dizzying sense that you re immersed in a novel that will come to represent the age its obsessions and anxieties it s rare that you get the opportunity to review a masterpiece but to paradise definitively is one the observer we are given a patriarch wealth children there is an arranged marriage an inheritance a true love a class divide and a significant twist deftly paced and judiciously detailed the tale makes hay with the conventions of the 19th century novel but that s not all with breathtaking audacity yanagihara rewrites america yanagihara masterfully repurposes themes situations and motifs this ambitious novel tackles major american guestions and answers them in an original engrossing way it has a major feel but it is finally in its minor moments that yanagihara shows

greatness gish jen the new york times book review tour de force yanagihara changes the novel landscape what is different we accept what is familiar we recognize to paradise resonates because of its exploration of human relationships and the dismantling of preconceived notions biases and hatreds lurk and linger emerging periodically to remind us that while one form of discrimination may have been eliminated others remain embedded in our institutions and cannot easily be eradicated in the end threads of prejudice bind all three parts and yet to paradise is rich with characters that live and love with few boundaries yanagihara asks us to consider an alternative america that could have existed at any point in history if other decisions had been made and that might still prevail if we do the right thing oprah daily gigantic strange exquisite terrifying and replete with mystery kirkus reviews an extraordinary novel powerfully imagined and deeply moving the bookseller

To Paradise 2022-01-11 the instant sunday times bestseller a new statesman book of the year a sainsbury s magazine book to gift for the past decade lemn sissay has composed a short poem as dawn breaks each morning life affirming witty and full of wonder these poems chronicle his own battle with the dark and are fuelled by resilience and defiant joy let the light pour in is a collection of the best of these poems and a book celebrating this morning practice how do you do it said night how do you wake up and shine i keep it simple said light one day at a time

Let the Light Pour In 2023-09-21 read the new tom thorne novel the murder book now and pre order the last dance the first novel in a brand new mark billingham series the sunday times number one bestseller the times crime novel of the year my name is alice i m a police officer i m trying to solve a murder on a psychiatric ward but i m also a patient they were meant to be safe on fleet ward psychiatric patients monitored treated cared for but now one of their number is found murdered and the accusations begin to fly was it one of his fellow patients a member of staff or did someone come in from the outside dc alice armitage is methodical tireless and she s quickly on the trail of the killer the only problem is alice is a patient too fast paced and twisting paula hawkins at the very least it should reach the shortlist of this year s booker prize the times a deeply compelling read harriet tyce the most cunning complex claustrophobic mystery louise candlish immense skill and heart eve chase brilliant suspenseful poignant heartbreaking surprisingly funny linwood barclay one of the most consistently entertaining insightful crime writers working today gillian flynn a world class crime writer karin slaughter mark billingham is a master of psychology ian rankin billingham is always a must read harlan coben

<u>Rabbit Hole</u> 2021-07-22 she brings greek history to compelling life the sunday times hislop has done her research and handles the great sweep of complex greek history with skill and confidence daily mail athens 1941 nazi forces occupy greece and a nation falls apart victoria hislop s new sunday times number one bestseller takes you into the darker days of greek history and through the eyes of its extraordinary heroine illuminates the courage it takes to live in peace after decades of political uncertainty greece is polarised between right and left wing views when the germans invade fifteen year old themis comes from a family divided by these political differences the nazi occupation deepens the fault lines between those she loves just as it reduces greece to destitution she watches friends die in the ensuing famine and is moved to commit acts of resistance in the civil war that follows the end of the occupation themis joins the communist army where she experiences the extremes of love and hatred and the paradoxes presented by a war in which greek fights greek eventually imprisoned on the infamous islands of exile makronisos and then trikeri themis encounters another prisoner whose life will entwine with her own in ways neither can foresee and finds she must weigh her principles against her desire to escape and live as she looks back on her life themis realises how tightly the personal and political can become entangled while some wounds heal others deepen this gripping new novel from bestselling author victoria hislop sheds light on the complexity and trauma of greece s past and weaves it into the epic tale of an ordinary woman compelled to live an extraordinary life victoria hislop discover for yourself why 10 million readers worldwide love her books here s what the critics said about those who are loved a searing and powerful story full of passion showing how one woman s ideals and beliefs shape everything that she becomes it s both a beautifully woven love story and a spellbinding heart breaking depiction o

express a glorious greek setting and rich historical detail form the backdrop of this captivating and poignant story woman home an eye opening and moving read mirror anyone who reads victoria hislop s novels falls in love with greece a moving read that sweeps you through time s magazine a wonderfully researched and beautifully written piece of historical fiction culturefly those who are loved was a sunday times number one bestseller in paperback for four weeks in august and september 2020

2021-04 pull on your wellies grab your flat cap and join jeremy clarkson in this hilarious and fascinating behind the scenes look at the infamous diddly squat farm the no 1 sunday times bestseller brilliant laugh out loud daily telegraph outrageously funny will have you in stitches time out welcome to clarkson s farm it s always had a nice ring to it jeremy just never thought that one day his actual job would be a farmer and sadly it doesn t mean he s any good at it from buying the wrong tractor lamborghini since you ask to formation combine harvesting getting tied up in knots of red tape to chasing viciously athletic cows our hero soon learns that enthusiasm alone might not be enough jeremy may never succeed in becoming master of his land but as he s discovering the fun lies in the trying very funny i cracked up laughing on the tube evening standard praise for clarkson s farm the best thing clarkson s done it pains me to say this guardian shockingly hopeful independent even the most committed clarkson haters will find him likeable here telegraph quite lovely the times

Diddly Squat 2021-11-11 1 bestseller in both hardback and paperback shortlisted for the 2020 royal society insight investment science book prize a directory of wonders the guardian jaw dropping the times classic wry gleeful bryson an entertaining and absolutely fact rammed book the sunday times it is a feat of narrative skill to bake so many facts into an entertaining and nutritious book the daily telegraph we spend our whole lives in one body and yet most of us have practically no idea how it works and what goes on inside it the idea of the book is simply to try to understand the extraordinary contraption that is us bill bryson sets off to explore the human body how it functions and its remarkable ability to heal itself full of extraordinary facts and astonishing stories the body a guide for occupants is a brilliant often very funny attempt to understand the miracle of our physical and neurological make up a wonderful successor to a short history of nearly everything this new book is an instant classic it will have you marvelling at the form you occupy and celebrating the genius of your existence time and time again what i learned is that we are infinitely more complex and wondrous and often

more mysterious than i had ever suspected there really is no story more amazing than the story of us bill bryson

The Body 2019-10-03 when a moment changes everything how do you live the rest of your life go as a river is the powerful and emotional sunday times bestselling novel which you II never forget a sweeping story of survival and becoming women s prize for fiction spellbinding the times beautiful daily mail 1940s colorado teenage victoria nash is the sole surviving woman in a family of troubled men she spends her days running the household on her family s peach farm wilson moon is a young drifter with a mysterious past displaced from his tribal land he wants to believe one place is just like another when victoria and wil meet on a street corner their unexpected connection ignites both passion and danger revelations and secrets but when tragedy strikes victoria is propelled away from the only home she has ever known and towards a reckoning with loss hope and her own untapped strength gathering all the pieces of her small and extraordinary existence she will arrive at a single rocky decision that will change her life for ever go as a river is a heart wrenching coming of age story and a drama of enthralling power what readers are saying an incredible read emotional heartbreaking but very real five stars oh how i loved this book going to be christmas presents for all my family five stars after reading non stop all night i m feeling very emotional still five stars from the moment i started reading i found it very hard to put down five stars *Go as a River* 2023-04-13

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