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An autobiographical novel of a lesbian nun.

Perfect for fans of the show Call the Midwife, a humorous and intimate portrait of convent and hospital life At the age of 18, Eleanor Stewart moved to France to enter a convent. After four years of preparation, she became a nun, and, eight years later, decided to get trained as a midwife in a large inner-city hospital in Liverpool. While Beatlemania grips the world, she tries to coordinate the demands of religious life with the drama, excitement, and occasional tragedy of the hospital world. Written with honesty and affection, this is an intimate portrait of convent and hospital life.

**NEW YORK TIMES BESTSELLER**  This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** The Wall Street Journal  Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of Drive and A Whole New Mind "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

You're not alone. Millions of smart, sexy, and sane women lust after Bad Boys - and unfortunately, they pay the price. These irresistible rogues can drive you wild with sexual abandon, emotional frustration, the will to submit, and the need to conquer. You know wicked smiles and fleeting attention are not the foundation for loving relationships. But how do you stop pouncing Naughty and start playing Nice? With Kristina Grish's clever, prescriptive 12-step recovery plan, you can learn to reject the Bad Boy - and fall hard for a Nice Guy. Packed with former addickt testimonials, advice from Bad Boys and Nice Guys alike, and Kristina's own recovery story, Addicktcd offers the total program you need to kick your toxic dating habits once and for all.

The author combines the fields of quantum physics, neuroscience, brain chemistry, biology and genetics to back up his assertion that people are not helpless products of their genes and can in fact realize true change for the better. Reprint.

The #1 New York Times bestseller. Over 2 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:  make time for new habits (even when life gets crazy);  overcome a lack of motivation and willpower;  design your environment to make success easier;  get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Is a smoking, alcohol, food, gambling, Internet, drug, or sex addiction holding you back from getting what you want most? Over the past twenty-five years, renowned addiction therapist Dr. Frederick Woolverton has used his dynamic, empathetic approach to help thousands of addicts achieve long-term recovery—including himself. He sees the specific habit as less important than the underlying chaos and fear that motivate the urge to soothe ourselves with bad habits. The solution, he has found, requires only a better understanding of yourself and a change in attitude. Using real patient examples as well as research and his own experience, Dr. Woolverton and coauthor and former patient Susan Shapiro show how to thrive without self-medicating. Woolverton's specific instructions do not require an expensive therapist, rehab, a twelve-step program, or a higher power (though he does make readers aware of those viable options). Let him help you beat your addiction. When you conquer a toxic habit, you are leaving room for something beautiful to take its place.

The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspingly funny and wonderfully inappropriate."—O, The Oprah Magazine When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. Readers Guide Inside

A first-hand account of how Michael Francis and his brothers ran the Guvnors, a Manchester City based hooligan gang that wreaked havoc on the streets and terraces of Britain. Hard hitting and atmospheric, the story recounts Francis' childhood in the notorious Moss Side area of Manchester, his initiation into soccer thuggery, his rise through the ranks of the hooligan hierarchy, and the bitter clashes with other football gangs.

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