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She is the author of many internationally renowned books including Feel the Fear and Do It Anyway, Feel the Fear. . .and Beyond, Feel the Fear Power Planner, End the Struggle and Dance W Susan Jeffers, Ph.D. has helped millions of people throughout the world overcome their fears, heal their relationships, and move forward in life with confidence and love.

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End the Struggle and Dance with Life We live in a difficult world. But life does not have to be a struggle. In this extraordinary book of inspirational advice, Susan Jeffers teaches us how to feel calmer, more in control, and excited about life--despite what is happening around us.

Susan Jeffers

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End The Struggle And Dance With Life - The Speaking Tree

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A collection of inspirational advice helps readers overcome adversity and cope with the challenges and painful aspects of life, offering tools that show how to attain peace of mind and embrace the world

Padma Venkatraman's inspiring story of a young girl's struggle to regain her passion and find a new peace is told lyrically through verse that captures the beauty and mystery of India and the ancient bharatanatyam dance form. This is a stunning novel about spiritual awakening, the power of art, and above all, the courage and resilience of the human spirit. Veda, a classical dance prodigy in India, lives and breathes dance—so when an accident leaves her a below-knee amputee, her dreams are shattered. For a girl who's grown used to receiving applause for her dance prowess and flexibility, adjusting to a prosthetic leg is painful and humbling. But Veda refuses to let her disability rob her of her dreams, and she starts all over again, taking beginner classes with the youngest dancers. Then Veda meets Govinda, a young man who approaches dance as a spiritual pursuit. As their relationship deepens, Veda reconnects with the world around her, and begins to discover who she is and what dance truly means to her.

An enthralling novel of love and lost chances, perfect for fans of Lucinda Riley's THE PEARL SISTER, Dinah Jefferies THE SAPPHIRE WIDOW and Santa Montefiore. To find what she has lost, she must go back to the beginning . . . 1924 The First World War is over and eleven-year-old Alexa is growing up on the idyllic Cornish coast with her best friend Harvey. But she soon discovers there are secrets at the heart of her family that have been hidden for years. 1931 Alexa flees Cornwall for the intoxicating city of Venice. But her new glamorous life is not what she hoped for and, with dark shadows closing in on her, Alexa will question everything she thought she wanted . . . 'A touching tale of star crossed lovers' New Magazine on Map of Stars

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#1 New York Times bestselling author of *Everything, Everything* and *The Sun Is Also a Star* Nicola Yoon is back with her eagerly anticipated third novel. With all the heart and hope of her last two books, this is an utterly unique romance. Evie Thomas doesn't believe in love anymore. Especially after the strangest thing occurs one otherwise ordinary afternoon: She witnesses a couple kiss and is overcome with a vision of how their romance began . . . and how it will end. After all, even the greatest love stories end with a broken heart, eventually. As Evie tries to understand why this is happening, she finds herself at La Brea Dance Studio, learning to waltz, fox-trot, and tango with a boy named X. X is everything that Evie is not: adventurous, passionate, daring. His philosophy is to say yes to everything—including entering a ballroom dance competition with a girl he's only just met. Falling for X is definitely not what Evie had in mind. If her visions of heartbreak have taught her anything, it's that no one escapes love unscathed. But as she and X dance around and toward each other, Evie is forced to question all she thought she knew about life and love. In the end, is love worth the risk?

Dance Dance Dance—a follow-up to *A Wild Sheep Chase*—is a tense, poignant, and often hilarious ride through Murakami's Japan, a place where everything that is not up for sale is up for grabs. As Murakami's nameless protagonist searches for a mysteriously vanished girlfriend, he is plunged into a wind tunnel of sexual violence and metaphysical dread. In this propulsive novel, featuring a shabby but oracular Sheep Man, one of the most idiosyncratically brilliant writers at work today fuses together science fiction, the hardboiled thriller, and white-hot satire.

All theater romances are tragedies. Ella Blythe knows this. Still, she cannot help but hope her own story may turn out different than most—and certainly different than the tragic story of the Ghost of Craven Street Theater. Yet as she struggles to maintain her tenuous place in the ever-shrinking ballet company, win the attentions of principal dancer Philippe, and avoid company flirt Jack, Ella cannot deny the uncanny feeling that her life is mirroring that of the dead ballerina. Is she dancing ever closer to the edge of her own tragic end? Or will the secrets that are about to come to light offer release from the past? Mystery and romance make the perfect dance partners in this evocative story from fan-favorite Joanna Davidson Politano.

#1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • From the National Book Award-winning author of *Between the World and Me*, a boldly conjured debut novel about a magical gift, a devastating loss, and an underground war for freedom. "This potent book about America's most disgraceful sin establishes [Ta-Nehisi Coates] as a first-rate novelist." *San Francisco Chronicle* IN DEVELOPMENT AS A MAJOR MOTION PICTURE • Adapted by Ta-Nehisi Coates and Kamillah Forbes, produced by MGM, Plan B, and Oprah Winfrey's Harpo Films NOMINATED FOR THE NAACP IMAGE AWARD • NAMED ONE OF PASTE'S BEST NOVELS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *Time* • *NPR* • *The Washington Post* • *Chicago Tribune* • *Vanity Fair* • *Esquire* • *Good Housekeeping* • *Paste* • *Town & Country* • *The New York Public Library* • *Kirkus Reviews* • *Library Journal* Young Hiram Walker was born into bondage. When his mother was sold away, Hiram was robbed of all memory of her—but was gifted with a mysterious power. Years later, when Hiram almost drowns in a river, that same power saves his life. This brush with death births an urgency in Hiram and a daring scheme: to escape from the

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only home he's ever known. So begins an unexpected journey that takes Hiram from the corrupt grandeur of Virginia's proud plantations to desperate guerrilla cells in the wilderness, from the coffin of the Deep South to dangerously idealistic movements in the North. Even as he's enlisted in the underground war between slavers and the enslaved, Hiram's resolve to rescue the family he left behind endures. This is the dramatic story of an atrocity inflicted on generations of women, men, and children—the violent and capricious separation of families—and the war they waged to simply make lives with the people they loved. Written by one of today's most exciting thinkers and writers, *The Water Dancer* is a propulsive, transcendent work that restores the humanity of those from whom everything was stolen. Praise for *The Water Dancer* —Ta-Nehisi Coates is the most important essayist in a generation and a writer who changed the national political conversation about race with his 2015 memoir, *Between the World and Me*. So naturally his debut novel comes with slightly unrealistic expectations—and then proceeds to exceed them. *The Water Dancer* . . . is a work of both staggering imagination and rich historical significance. . . . What's most powerful is the way Coates enlists his notions of the fantastic, as well as his fluid prose, to probe a wound that never seems to heal. . . . Timeless and instantly canon-worthy. —Rolling Stone

In the linked essays that make up her debut collection, *This Is One Way to Dance*, Sejal Shah explores culture, language, family, and place. Throughout the collection, Shah reflects on what it means to make oneself visible and legible through writing in a country that struggles with race and maps her identity as an American, South Asian American, writer of color, and feminist. *This Is One Way to Dance* draws on Shah's ongoing interests in ethnicity and place: the geographic and cultural distances between people, both real and imagined. Her memoir in essays emerges as Shah wrestles with her experiences growing up and living in western New York, an area of stark racial and economic segregation, as the daughter of Gujarati immigrants from India and Kenya. These essays also trace her movement over twenty years from student to teacher and meditate on her travels and life in New England, New York City, and the Midwest, as she considers what it means to be of a place or from a place, to be foreign or familiar. Shah invites us to consider writing as a somatic practice, a composition of digressions, repetitions—movement as transformation, incantation. Her essays—some narrative, others lyrical and poetic—explore how we are all marked by culture, gender, and race; by the limits of our bodies, by our losses and regrets, by who and what we love, by our ambivalences, and by trauma and silence. Language fractures in its attempt to be spoken. Shah asks and attempts to answer the question: How do you move in such a way that loss does not limit you? *This Is One Way to Dance* introduces a vital new voice to the conversation about race and belonging in America.

All of her life, Irish-American Moira Doherty has relished her mother's descriptions of Ireland. When her mother dies unexpectedly in the summer of 1920, Moira decides to fulfill her mother's wish that she become the teacher in Ballymann, her home village in Donegal, Ireland. After an arduous voyage, Moira arrives to a new home and a new job in an ancient country. Though a few locals offer a warm welcome, others are distanced by superstition and suspicion. Rumors about Moira's mother are unspoken in her presence but threaten to derail everything she's journeyed to Ballymann to do. Moira must rely on the kindness of a handful of friends—and the strength of Sean, an unsettlingly handsome thatcher who keeps popping up unannounced—as she seeks to navigate a life she'd never dreamed of . . . but perhaps was meant to live. Jennifer Deibel's debut novel delights the senses, bringing to life the sights, sounds, smells, and language of a lush country and a colorful people. Historical romance fans will embrace her with open arms.

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