

Globe & Mail - Best Sellers - 03/15/2024

- Bride. Hazelwood, Ali.

Misery Lark, the only daughter of the most powerful Vampyre councilman of the Southwest, is an outcast--again. Her days of living in anonymity among the Humans are over: she has been called upon to uphold a historic peacekeeping alliance between the Vampyres and their mortal enemies, the Weres, and she sees little choice but to surrender herself in the exchange--again...

- Hunter. French, Tana.

It's a blazing summer when two men arrive in a small village in the West of Ireland. One of them is coming home. Both of them are coming to get rich. One of them is coming to die.

- Never Too Late. Steel, Danielle.

Kezia Cooper Hobson, recently widowed, arrives in New York from San Francisco. Determined to make a fresh start, she has just completed the sale of her Pacific Heights home, not to mention her husband's venture capital firm, and in doing so, is also freed from her responsibility as a board member of the company. Bringing with her only a few personal treasures, she is excited to move into the blank slate of a beautiful midtown penthouse, in the city that she has always loved. It is also where her two adult daughters now live.

- The New Couple In 5B. Baskin, Lisa Unger.

A couple inherits an apartment with a spine-tingling past in this unputdownable thriller from the New York Times bestselling author of *Secluded Cabin Sleeps Six*. Rosie and Chad Lowan are barely making ends meet in New York City when they receive life-changing news: Chad's late uncle has left them his luxury apartment at the historic Windermere in glamorous Murray Hill. With its prewar elegance and impeccably uniformed doorman, the building is the epitome of old New York charm. One would almost never suspect the dark history lurking behind its perfectly maintained facade.

- The women. Hannah, Kristin.

Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

- Fourth wing. Yarros, Rebecca.

Twenty-year-old Violet Sorrengail was supposed to enter the Scribe Quadrant, living a quiet life among books and history. Now, the commanding general--also known as her tough-as-talons mother--has ordered Violet to join the hundreds of candidates striving to become the elite of Navarre: *dragon riders*.

But when you're smaller than everyone else and your body is brittle, death is only a heartbeat away...because dragons don't bond to "fragile" humans. They incinerate them. With fewer dragons willing to bond than cadets, most would kill Violet to better their own chances of success. The rest would kill her just for being her mother's daughter--like Xaden Riorson, the most powerful and ruthless wingleader in the Riders Quadrant. She'll need every edge her wits can give her just to see the next sunrise.

- The Phoenix Crown. Quinn, Kate.

San Francisco, 1906. In a city bustling with newly minted millionaires and scheming upstarts, two very different women hope to change their fortunes: Gemma, a golden-haired, silver-voiced soprano whose career desperately needs rekindling, and Suling, a petite and resolute Chinatown embroideress who is determined to escape an arranged marriage. Their paths cross when they are drawn into the orbit of Henry Thornton, a charming railroad magnate whose extraordinary collection of Chinese antiques includes the fabled Phoenix Crown, a legendary relic of Beijing's fallen Summer Palace.

- Iron flame. Yarros, Rebecca.

Everyone expected Violet Sorrengail to die during her first year at Basgiath War College--Violet included. But Threshing was only the first impossible test meant to weed out the weak-willed, the unworthy, and the unlucky.

Now the *real* training begins, and Violet's already wondering how she'll get through. It's not just that it's grueling and maliciously brutal, or even that it's designed to stretch the riders' capacity for pain beyond endurance. It's the new vice commandant, who's made it his personal mission to teach Violet *exactly* how powerless she is--unless she betrays the man she loves.

- Can't hurt me: master your mind and defy the odds. Goggins, David.

For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events. In this book, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

- The myth of normal: trauma, illness & healing in a toxic culture. Maté, Gabor.

"From our most trusted and compassionate authority on stress, trauma, and mental well-being--a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. Gabor Maté's internationally bestselling books have changed the way we look at addiction and have been integral in shifting the conversations around ADHD, stress, disease, embodied trauma, and parenting. Now, in this revolutionary book, he eloquently dissects how in Western countries that pride themselves on their health care systems, chronic illness and general ill health are on the rise. So what is really "normal" when it comes to health?"

- The psychology of money: timeless lessons on wealth, greed, and happiness. Housel, Morgan.

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money--investing, personal finance, and business decisions--is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the different ways people think about money and teaches you how to make better sense of one of life's most important topics.

- Outlive: the science & art of longevity. Attia, Peter.

Drawing on the latest science and challenging mainstream medicine, a visionary physician and leading longevity expert presents a well-founded strategic and tactical approach to extending lifespan while also improving physical, cognitive, and emotional health.

- Fast like a girl: a woman's guide to using the healing power of fasting to burn fat, boost energy, and balance hormones. Pelz, Mindy.

Are you among the many women who feel unheard and unseen by their doctors and health professionals? Have you become exhausted by the promise of quick-fix diets that only leave you disappointed? Well in *Fast Like a Girl*, Dr. Mindy helps you to take back control of your health by using the quickest path back to better health--fasting. While most fasting advice has been a one-size-fits-all approach that leaves women with more questions than answers, in this book Dr. Mindy shares the proven strategies, specific protocols to use if you are trying to overcome a condition, fasting hacks, and tools that she has used to help hundreds of thousands of women thrive with their fasting lifestyles. Dr. Mindy will teach you: