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ICZ5E0 - LEWIS SPENCE

The basic text for Alcoholics Anonymous.

'I want to change, but not if it means changing,' a patient once said to me in complete innocence What do we do when we find ourselves trapped by our own thoughts or behaviour? Drawing on his twenty-five years' experience as a psychoanalyst, Stephen Grosz ushers the reader through the door of his consulting room and into the minds of his patients. In these beautifully told cases we find compulsive liars, deceived spouses, violent children and delusional adults but we also find ourselves and in doing so, understand a little more about what it is to be human. Selected from The Examined Life. VINTAGE MINIS: GREAT MINDS. BIG IDEAS. LITTLE BOOKS. A series of short books by the world's greatest writers on the experiences that make us human Discover the Vintage Minis 'Head Space' series: Recovery by Helen Macdonald Family by Mark Haddon

At last, a visual home organization guide that teaches readers how to create spaces that are at once uncluttered and stylish, purposeful and personal, from the team behind the popular website Remodelista.com.

STAR OF BBC ONE'S FREEZE THE FEAR 'I've never felt so alive' JOE WICKS 'A fascinating look at Wim's incredible life and method' FEARNE COTTON My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to take ownership over your own mind and wellbeing. 'The book will change your life' BEN FOGLE 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLIS

A beautifully colour-illustrated pocket guide to decluttering your home and life by using specific tools and strategies

Created for smart, aspiring young women, The REAL SIMPLE Guide to Real Life offers REAL SIMPLE's clever solutions for navigating adulthood with ease, confidence, and style. This essential handbook helps to simplify (and demystify) landing a job, finding an apartment, decorating on the cheap, cooking for one, dressing for work, organizing a small space, picking a mentor, writing a thank-you note (yes, they're still a thing)-plus all the know-how you need to deal with 401(k)s, kitchen fails, epic hangovers, messy roommates, and even messier breakups. Packed with useful 'Life 101' tips, the book also features essays from bestselling writers (including Cristina Henriquez and J. Courtney Sullivan) and advice from relatable and successful women (like Jessica Alba and Emmy Rossum) about what they wish they had known when they were starting out. The REAL SIMPLE Guide to Real Life is full of wit, wisdom, and practical information--a trusted, must-have resource for making every crazy, colorful day easier. Gift it to a recent graduate or young woman who aspires to have it all or keep for yourself as a reference to help you thrive in the real world.

'Impassioned, hugely informative, wonderfully controversial, and scary as hell' John le Carré Around the world in Britain, the United States, Asia and the Middle East, there are people with power who are cashing in on chaos; exploiting bloodshed and catastrophe to brutally remake our world in their image. They are the shock doctors. Exposing these global profiteers, Naomi Klein discovered information and connections that shocked even her about how comprehensively the shock doctors' beliefs now dominate our world - and how this domination has been achieved. Raking in billions out of the tsunami, plundering Russia, exploiting Iraq - this is the chilling tale of how a few are making a killing while more are getting killed. 'Packed with thinking dynamite ... a book to be read ev-

erywhere' John Berger 'If you only read one non-fiction book this year, make it this one' Metro Books of the Year 'There are a few books that really help us understand the present. The Shock Doctrine is one of those books' John Gray, Guardian 'A brilliant book written with a perfectly distilled anger, channelled through hard fact. She has indeed surpassed No Logo' Independent

Houseplants offer the perfect solution to the urban dweller, lacking in space - indoor and outdoor - and in Living With Plants, botanical-stylist, Sophie Lee, shows you simple but innovative ways to make your home gorgeously green. Starting with the basics, learn how to pick the right plant for your home (and specifically what room), what levels of sunlight your plant needs and the best space for your plants to thrive. Packed with information on plant types and breeds, how to dress a windowsill on a budget and essential tools, you'll also discover a comprehensive guide on plant care, teaching you how to nurture your plants correctly - from propagation and cuttings, to watering and potting, to recognising early signs of plant trouble and how to prevent them. With handy tips and tricks dotted throughout plus creative DIY plant projects like how to make your own terrariums to gorgeous kokedama and macramé plant hangers, Living With Plants is a beautiful manual of ideas for those who want to find inspiring ways to bring the beauty of nature into their home.

How design can transcend the logics, structures, and subjectivities of capitalism: a framework, theoretical grounding, and practical principles. The designed things, experiences, and symbols that we use to perceive, understand, and perform our everyday lives are much more than just props. They directly shape how we live. In Design after Capitalism, Matthew Wozniak argues that the world of industrial capitalism that gave birth to modern design has been dramatically transformed. Design today needs to reorient itself toward deliberate transitions of everyday politics, social

relations, and economies. Looking at design through the lens of political economy, Wizinsky calls for the field to transcend the logics, structures, and subjectivities of capitalism—to combine design entrepreneurship with social empowerment in order to facilitate new ways of producing those things, symbols, and experiences that make up everyday life. After analyzing the parallel histories of capitalism and design, Wizinsky offers some historical examples of anticapitalist, noncapitalist, and postcapitalist models of design practice. These range from the British Arts and Crafts movement of the nineteenth century to contemporary practices of growing furniture or biotextiles and automated forms of production. Drawing on insights from sociology, philosophy, economics, political science, history, environmental and sustainability studies, and critical theory—fields not usually seen as central to design—he lays out core principles for postcapitalist design; offers strategies for applying these principles to the three layers of project, practice, and discipline; and provides a set of practical guidelines for designers to use as a starting point. The work of postcapitalist design can start today, Wizinsky says—with the next project. Generally regarded as Nella Larsen's best work, *Passing* was first published in 1929 but has received a lot of renewed attention because of its close examination of racial and sexual ambiguities. It has achieved canonical status in many American universities. Clare Kendry is living on the edge. Light-skinned, elegant, and ambitious, she is married to a racist white man unaware of her African American heritage, and has severed all ties to her past after deciding to 'pass' as a white woman. Clare's childhood friend, Irene Redfield, just as light-skinned, has chosen to remain within the African American community, and is simultaneously allured and repelled by Clare's risky decision to engage in racial masquerade for personal and societal gain. After frequenting African American-centric gatherings together in Harlem, Clare's interest in Irene turns into a homoerotic longing for Irene's black identity that she abandoned and can never embrace again, and she is forced to grapple with her decision to pass for white in a way that is both tragic and telling.

Keep your diet simple, healthy, and delicious with *The Big Book of Paleo Slow Cooking*, the slow cooker recipe book for anyone following the paleo diet. Well-respected and widely read paleo blogger, Natalie Perry, is here to show you the best main courses she has to offer with *The Big Book of Paleo Slow Cooking*. She doesn't stop

there, though. You'll also enjoy filling and simple breakfasts, tasty lunches, invigorating snacks, and sweets and desserts to tie everything together. All paleo-friendly, and all easily prepared in your trusty slow cooker. Don't spend every night preparing dinners for you and your family when the time tested slow cooker solution is available. With beautiful photography and step-by-step instructions, Perry shows you how to flawlessly make more than 200 recipes that fit the paleo diet. Don't wait to try out exquisite dishes like Lemon-Garlic Wings with Cracked Pepper Sauce, Butternut Squash and Apple Soup, Thai Green Curry with Lobster, Zucchini "Flatbread", and Nut-Free Fudgy Brownie Cake! The recipes are creative and incorporate global flavors with roots in Asian, Latin, and Middle Eastern cuisines, many of which have never before appeared in print.

The most comprehensive and complete home book from *Apartment Therapy*, featuring every aspect of design and decorating from floor plans to paint, specific rooms to style approaches, with the goal of setting up and living well in a place you love. "A complete and happy home is so much more than a series of pretty rooms. Between these two covers, we've captured everything we've learned at *Apartment Therapy* about decorating, organizing, cleaning, and repairs, so you can make and maintain your own fabulous home." —from the Introduction Getting a room to feel right is more instinct than science. You know a great space when you see it. *Apartment Therapy* trains your eye with more than 75 rooms, from bedrooms to kitchens and living rooms to kids' rooms and workspaces. Explore every detail—lighting, color palettes, flooring, and accessories—that brings a home to life and, most important, makes you happy in it.

A comprehensive, year-round guide to jellies, jams, preserves, and marmalades, featuring over 100 recipes. If you love to cook, are crazy for fruit, or have even a passing interest in jam or marmalade, Rachel Saunders's James Beard Award-nominated *Blue Chair Jam Cookbook* is the book for you. Rachel's legendary Bay Area jam company, *Blue Chair Fruit*, earned instant fame for its intensely flavored preserves when it launched in 2008. Rachel's passion for fruit shines through every part of this lavishly illustrated book, which is the culmination of nearly ten years of research. *The Blue Chair Jam Cookbook* is the essential jam and marmalade book of the twenty-first century, one in which Rachel's modern yet nostalgic vision of cooking takes center

stage. Rachel offers an in-depth exploration of individual fruits, a comprehensive technical section, and nearly 120 original recipes organized around the seasons. In offerings ranging from Plum Jam to Strawberry-Blood Orange Marmalade with Rosemary and Black Fig and Candied Citrus Jam, she vividly captures the joyful essence of fruit and of the preserving process. *The Blue Chair Jam Cookbook* is not only an exciting and vibrant exploration of fruit and of the seasons, but also one of the few books that clearly explains and illustrates preserving techniques. Each recipe includes clear and detailed directions to help ensure success, and Rachel explores a wide range of technical questions as they relate to individual fruits and types of preserves. Whether you make jam or marmalade once a year or every week, and whether you are a home or professional cook, *The Blue Chair Jam Cookbook* is sure to claim a special place in your cookbook library. Praise for *The Blue Chair Jam Cookbook* "A complete and exquisite guide to making jam and marmalade at home. In addition to sharing 100+ recipes, Saunders walks you step-by-step through the process with in-depth explanations as well as photos of the various steps so you see exactly what each phase looks like." —Epicurious "Blue Chair could well become the jam maker's quintessential reference book." —SFGate.com "Rachel Saunders . . . is quite possibly the high priestess of jam making. [*The Blue Chair Jam Cookbook*] . . . belongs in the kitchen of anyone interested in keeping their pantry stocked with delicious and unique fruit preserves. And Rachel's instructions are so thorough and clear, even beginners are assured success." —The Splendid Table's "Weeknight Kitchen" newsletter

What Do You Want to Do Before You Die? is an illustrated collection of your wildest dreams. Two hundred of the most moving, imaginative, unexpected, and inspiring things to do before you die are brought to life through handmade art curated by Ben, Dave, Duncan, and Jonnie—the founders of *The Buried Life*. These four regular guys are on a mission to complete a list of 100 things before they die, and for every item they accomplish, they help a total stranger do something on his or her own list. Why we wrote this book: We hope that the dreams and words filling these pages will ignite part of you and halt you long enough to sincerely think about what is important to you. It's easy to think about what's important to others but rarely do we truly listen to our gut and our heart, and that is where a bucket list should grow. If nothing in

the world were impossible, what would you do? Even if it is impossible, what do you want to do before you die?

At Dwell, we're staging a minor revolution. We think that it's possible to live in a house or apartment by a bold modern architect, to own furniture and products that are exceptionally well designed, and still be a regular human being. We think that good design is an integral part of real life. And that real life has been conspicuous by its absence in most design and architecture magazines.

Industrial therapy involves the prevention, assessment and therapeutic rehabilitation of work-related injury. This guide to industrial therapy covers topics including: functional capacity assessment; impairment ratings; job simulation; economic considerations; client safety; and legal issues.

Whether you inhabit a studio or a sprawling house with one challenging space, Maxwell Gillingham-Ryan, co-founder of the most popular interior design website, Apartment Therapy, will help you transform tiny into totally fabulous. According to Maxwell, size constraints can actually unlock your design creativity and allow you to focus on what's essential. In this vibrant book, he shares forty small, cool spaces that will change your thinking forever. These apartments and houses demonstrate hundreds of inventive solutions for creating more space in your home, and for making it more comfortable. Leading us through entrances, living rooms, kitchens and dining rooms, bedrooms, home offices, and kids' rooms, Apartment Therapy's Big Book of Small, Cool Spaces is brimming with ingenious tips and ideas, such as:

- Shifting the sense of scale through contrasting colors
- Adding airiness by using transparent collections
- Utilizing the area under a loft bed for a kitchen and mini-bar
- Tucking an office with chic vintage doors into an unused bedroom corner

In each dwelling Maxwell points out what makes the layout work and what adds style. Most of the "therapy" involves minor tweaks that can be accomplished on a limited budget, such as dividing a room with sheer curtains, turning a door into a desk, or disguising electrical boxes with art displays. An extensive resource guide, including Maxwell's favorite websites for buying desks, open storage solutions, and much more, will help you turn even the tiniest residence into a place you are always happy to come home to.

Ever seen a banana the size of a bus? How about a sheep taller than a two-story house? G'day! You're in AUSTRALIA, the home of BIG sculptures, BIG folk art, and BIG roadside attractions. We call

them BIG THINGS. Inside this book you'll find 10 Big Things to cut out, fold, and assemble, a fold-out panoramic scene, and facts, activities, recipes, and jokes for BIG LAUGHS. Includes: The Big Banana, The Big Pineapple, The Big Ned Kelly, The Big Lobster, The Big Penguin, The Big Galah, The Big Trout, The Big Merino, The Big Golden Guitar, and The Giant Koala.

The creator of the top design website Apartment Therapy shares creative strategies for making the most out of small spaces, providing coverage of how to add comfort and style for a range of needs.

Like tying a Windsor knot or brewing a perfect cup of coffee, knowing how to hang art on your wall is a hallmark of everyday style and nuts-and-bolts know-how. The where, what, and whys of hanging art are an overlooked, under-appreciated line of inquiry. Most of us simply wing it with a quick eyeball and a swing of the hammer. How hard can it be? we think. What can go wrong? The answer, of course, is plenty: crumbling plaster, ruined antique laths, mismatched art hung too-close together, or a poorly-mounted photograph warping in its frame. But beyond the technical mishaps, there is a more essential lesson to be learned: The skill and consideration with which you decorate your home makes an aesthetic statement about the world you inhabit-and more importantly, when it's done right, it very clearly looks a whole lot better. Slim and stylish, *How to Hang a Picture: And Other Essential Lessons for a Stylish Home* is a user-friendly guidebook that details everything you need to know about hanging, framing, decorating and displaying art. If Strunk & White's *Elements of Style* was crossed with a no-nonsense how-to manual, you will have captured the tone and immediacy of *How to Hang a Picture*: simple rules and essential information presented with charm and intelligence.

The owners of the ice-cream truck-turned-national brand share recipes for many of their most popular creations, from the Bourbon Manhattan to Strawberry Gelato with Snickerdoodles. 40,000 first printing.

Whether giving a studio apartment a makeover to maximize every inch of space for storage, creating a functional and streamlined kitchen, or revamping a bedroom into a relaxing sanctuary, home design expert Katie Holdefehr will be your personal designer throughout each step in *Embrace Your Space*. As an editor for top magazines and websites such as *Real Simple*, *Martha Stewart Living*, *Good Housekeeping*, and *Apartment Therapy*, Katie Holde-

fehr honed her expertise in home design and organization writing dozens of articles and styling hundreds of tasteful, livable rooms that anyone on any budget can achieve.

The Oxford Handbook of Consumption consolidates the most innovative recent work conducted by social scientists in the field of consumption studies and identifies some of the most fruitful lines of inquiry for future research. It begins by embedding marketing in its global history, enmeshed in various political, economic, and social sites. From this embedded perspective, the book branches out to examine the rise of consumer culture theory among consumer researchers and parallel innovative developments in sociology and anthropology, with scholarship analyzing the roles that identity, social networks, organizational dynamics, institutions, market devices, materiality, and cultural meanings play across a wide variety of applications, including, but not limited to, brands and branding, the sharing economy, tastes and preferences, credit and credit scoring, consumer surveillance, race and ethnicity, status, family life, well-being, environmental sustainability, social movements, and social inequality. The volume is unique in the attention it gives to consumer research on inequality and the focus it has on consumer credit scores and consumer behaviors that shape life chances. The volume includes essays by many of the key researchers in the field, some of whom have only recently, if at all, crossed the disciplinary lines that this volume has enabled. The contributors have tried to address several key questions: What motivates consumption and what does it mean to be a consumer? What social, technical, and cultural systems integrate and give character to contemporary consumption? What actors, institutions, and understandings organize and govern consumption? And what are the social uses and effects of consumption?

While we may admire the spacious rooms in large homes we see in magazines or on TV, let's face it: most of us don't live in rambling estates. Instead, we live in homes, apartments, or condos with small rooms and even smaller closets. But you can enjoy an organized, beauty-filled life no matter what the size of your space. In this practical book, readers will learn how to -perform a room-by-room audit of their space to see if it's functioning at its best -make the most of existing storage space and find clever ways to add more -find creative ways to arrange furnishings and accessories that maximize space and bring harmony and style to the home Whether empty nesters who are downsizing, newlyweds

who are setting up their first nest, or anyone who needs creative new ideas, readers will love these strategies, tips, and solutions to maximize their space and enhance their quality of life.

Parenting Tip #1: There's no one right way to be a parent. This entertaining parenting guide is the helpful, bite-size advice you need when you've just had a kid. From a list of what you need in a diaper bag to a loving reminder that sometimes you just need to take time for yourself, these tips and tricks reassure parents that parenting is doable and that they're already doing a great job. Chock-full of all the timesavers and support that new parents need, and with fun illustrations to lighten the mood, this shower go-to gives first-time parents the gift of knowing that, yes, they can do this!

Compiles photographic tours of small dwellings to provide inspiration for decorating small spaces.

The beloved actress and star of the digital series *Quick Fix* saves you time and energy with her favorite mealtime hacks, tips to bring joy and balance to your kitchen, and 65 easy, delicious, and healthy recipes the entire family will love. "I love how Tia breaks down how to organize your pantry and kitchen."—GIADA DE LAURENTIIS As a busy mom, author, actor, and entrepreneur, Tia Mowry needed to find quick and easy solutions to a busy life, especially when it came to cooking for her family. She figured out a way to create nutritious, hearty dishes that work for everyone, allowing her to savor moments spent around the table. Presented in her trademark joyful, down-to-earth fashion, *The Quick Fix Kitchen* is the complete guide to home cooking, giving you "Quick Fixes" so you don't have to sacrifice time and energy in the kitchen. Along with sixty-five easy, delicious recipes, you'll find everything you need for organization and meal planning:

- Pantry organizational hacks
- Food shopping tips
- Grocery lists and food shopping tips
- Meal prep guidelines
- Meal plans

You'll also get advice on building a well-balanced kitchen and a healthy life:

- Healthy food swaps and tips for food sensitivities
- Seasonal fruits and veggies list
- Whole foods for gut health and cutting down on inflammation
- Balancing wholesome and indulgent meals

And of course, tips on incorporating the kids:

- Age-friendly tasks
- Kids' cooking tools
- Trying new foods

The recipes themselves are designed to deliver big flavors with minimum prep and cook time. They include sheet pan meals like Stuffed Pesto Chicken Breast, one-pot meals like Spinach Artichoke Pasta Bake, classics with a

healthy twist like Creamy "Alfredo" Pasta, and creative, kid-friendly snacks like Banana "Sushi" Rolls and Mini Quesadilla Pizzas. With *The Quick Fix Kitchen*, feeding yourself and your family won't feel like a chore.

These days, space is a precious commodity. *Small Space Style* is an inspiring guide to making the most of even the tiniest home.

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. *The Little Book of Living Small* shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for managing a tight footprint, *The Little Book of Living Small* also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at *Parents* magazine. With more than fifteen years of experience, her work has appeared in major publications including *Better Homes & Gardens*, *Country Living*, *Good Housekeeping*, and on leading home websites including *Remodelista.com*, *HGTV.com*, *ElleDecor.com*, *HouseBeautiful.com*, *Refinery29*, and elsewhere. Through her writing she has explored the topic of living small for more than a decade. She lives small with her husband, a photographer, and their son in Jackson Heights, Queens, in New York.

Stories from Saddle Mountain follows personal memories and family stories that connected the Tongkeamhas, a Kiowa family, to the Saddle Mountain community for more than a century.

Embrace the not-so-small world of minis! From teeny burgers and minuscule handbags to furniture no larger than a quarter, this mind-blowing collection of squeal-worthy miniatures features more than 250 of the tiniest creations from all over the world. Kate Ünver, a lifelong collector of nearly 1,000 items, has curated unique and extraordinary miniatures on her Instagram account, @dailymini, since 2012. In *The Book of Mini*, she selects hundreds

of pieces of artwork--many of which have never been seen before--and organizes them into sections on tiny food, diminutive wildlife, petite pottery, and more. Also included are interviews with collectors and artists exploring their methods, influences, and how they came to adore everything mini. Featuring hundreds of photographs, *The Book of Mini* is a must-have book for the tiny lover in your life.

More than 100 of the best, most thrilling accounts of hauntings from the Mountain State from one of the nation's leading experts.

Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears, worrying, phobias, and obsessions. This inviting workbook shows how. The state-of-the-art program presented here is grounded in cognitive-behavioral therapy, the most effective treatment for anxiety. No matter what type of anxiety problem you suffer from, leading experts Drs. Martin M. Antony and Peter J. Norton provide an unrivaled toolkit of proven strategies to help you:

- Understand what anxiety is and how it gets out of control
- Identify your anxiety triggers
- Change the beliefs and behaviors that make symptoms worse
- Develop a safe, gradual plan for confronting feared situations
- Learn the facts about medications and herbal remedies
- Achieve a new level of calm with relaxation and meditation techniques
- Find the right professional help, if and when you need it

Vivid examples and user-friendly worksheets (you can download and print additional copies as needed) guide you to put the book's science-based techniques into action. Effective problem-solving tips ease you through the rough spots in recovery. If you're ready to take back your life from anxiety, you've come to the right place. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Learn to find affordable vintage home decor and how to style it in a modern home. From a Goyard trunk worth upwards of \$10,000 (scored for \$90) to a floor-length vintage Christian Dior cape (a \$10 Goodwill find), Virginia knows how to find deals. Danielle from *Apartment Therapy* says "Virginia has total sage sister vibes, helping you score pieces for a song with tips that are so good, I kind of can't believe she's letting us in on these trade secrets." Picked as a "Best New Book" by *People Magazine*, *Big Thrift Energy* will teach you everything you need to know about shopping for affordable vintage home decor and styling it in a modern home. Antiquing can be intimidating: how do you know if a piece is worth sal-

vaging? How do you navigate the piles of merchandise at a thrift store or estate sale? Part resource, part inspiration, *Big Thrift Energy* is a comprehensive guide that offers tips for thrifting that you never knew you needed: How to shop for the good stuff, how to upcycle and style vintage treasures in your home, and even advice for flipping your most-coveted items to turn a profit. *Big Thrift Energy* will teach you:

- Where to shop for antique and vintage treasures you'll love
- The best things to buy used, and which items to pass on
- How to upcycle something old into something "you" and make it fit beautifully in your home
- How to tell when something is valuable, and tips for reselling it to make a profit

Author Virginia Chamlee has spent more than a decade collecting and selling vintage wares. Her home has been featured on *Apartment Therapy* and *Design*Sponge* and her original artwork is available via *Chairish*, *Anthropologie*, and *Artfully Walls*.

From not enough space and too many things to not knowing what color to paint the living room walls, many of us struggle with our homes. Now Maxwell Gillingham-Ryan, frequent makeover expert on HGTV's *Mission: Organization and Small Spaces*, *Big Style*, shares the do-it-yourself strategies that have enabled his clients and fans to transform their apartments into well-organized, beautiful places that suit their style and budget. Week by week, *Apartment Therapy* will guide you to treat common problems, eliminate clutter, and revamp even the tiniest space. Here is an eight-step process that includes:

- A therapeutic questionnaire to help you get in touch with your personal taste and diagnose your home's physical, emotional, and energy flow issues
- A prescription with recommendations for each room based on your needs and lifestyle—including tips on how to use color, lighting, and accessories
- A treatment plan, including regular maintenance schedules to ensure the ongoing health of your space
- Illustrations of floor plans and decorative examples that allow you to visualize concepts before you begin

With surprising ease and without elabo-

rate professional help, *Apartment Therapy* will help you clear a path through disorder and indecision—to reveal a home you'll love. Based on the column of the same name that appeared in *The Toast*, *Hey Ladies!* is a laugh-out-loud read that follows a fictitious group of eight 20-and-30-something female friends for one year of holidays, summer house rentals, dates, brunches, breakups, and, of course, the planning of a disastrous wedding. This instantly relatable story is told entirely through emails, texts, DMs, and every other form of communication known to man. The women in the book are stand-ins for annoying friends that we all have. There's Nicole, who's always broke and tries to pay for things in Forever21 gift cards. There's Katie, the self-important budding journalist, who thinks a retweet and a byline are the same thing. And there's Jen, the DIY suburban bride-to-be. With a perfectly pitched sardonic tone, *Hey Ladies!* will have you cringing and laughing as you recognize your own friends, and even yourself.

Style icon Aerin Lauder reveals what it means to live beautifully Extravagant and fun to be around, Estée Lauder, Aerin's grandmother, loved jewelry and chocolate-covered marshmallows. She adored flowers and rooms full of exuberant patterns. When Aerin was a child, weekend visits with Estée meant ice-cream-and-late-night-TV adventures and spending time together at her grandmother's dressing-room table with its intriguing lipsticks and creams. From an early age, Aerin understood that Estée's passion for family was equal to her love of beauty. Now, Aerin has made this legacy her own. For the first time, she shares memories of the family celebrations and world travel that formed her sense of style. Aerin opens the doors to her New York apartment, where on any given night she might host a relaxed dinner with friends under a vintage French chandelier or, just as often, an impromptu get-together for her sons. Aerin also reveals how she preserved Estée's heritage in her former Hamptons home while adding her own twists. The traditions Aerin has created in her own fami-

ly—from pool parties with her sons to walks along the beach collecting sea glass to breezy summer lunches—blend elegance and fun in equal measure. Throughout this book, evocative photographs by Simon Upton show Aerin's world in inspiring detail and enhance Aerin's insights into surrounding oneself with beauty and family in every aspect of life.

The Must-Have Guide for Renters and Small-Space Dwellers Rental Style, which doubles as a decor piece and handy design guide, shows readers how to decorate and organize small, rented spaces on a budget. The book will cover all home development stages from searching for a rental home to decorating and organizing it. Many people are reluctant to design their spaces due to renter restrictions, which leaves homes bland and boring. *Rental Style* will erase that unease and demonstrate how you can turn a rented space into a home using temporary, creative tricks that won't drive landlords crazy. *Rental Style* will demonstrate how to "renovate" a rental through clever design and budget-friendly tips and hacks on the following topics: Beating the stress of finding a home Items to switch out when moving into a rental Furniture to invest in when living in a small home Decorating to maximize small spaces Myths many renters believe Removable products meant for renters Incorporating more seating into your smaller home Combating limited storage Ways to "renovate" a rental kitchen Hosting in a very small home And more! The budget and time-friendly tools, tips, and advice in this book will give readers the ability to stand out among the rest and revamp their rental spaces!

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

Provides a practical guide to interior decoration for small apartments, and offers tips on how to create efficient kitchens, appealing baths, adequate storage, and work and entertainment areas.