
The Weight Of The Stars

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Health At Every Size Bloomsbury
Publishing USA

A new dimension to rapid weight loss! In his book *Weight Loss Secrets of the Stars: Lose 10 lbs. in 7 days ... guaranteed!*, international weight loss expert and former Mr. Universe Avtar Nordine Zouareg outlines an effective approach to rapid weight loss. His plan is easy and safe, with an emphasis on health, wellness

and life in balance. If you need to look and feel good fast, for a wedding, TV show, movie shoot, photo shoot, high school reunion, or any other event where you must be at your best, this book delivers. In this book you will discover: Top weight loss secrets used by the stars How to meditate How and what to eat How to exercise How to relax How to rejuvenate yourself How to eliminate stress to shed more weight Food plans and a grocery list How to choose the right supplements to optimize results How to maintain the new healthy you with Avtar's weight loss maintenance tips Illustrated workout

plans A workbook and journal
The Stars Beneath Our Feet HarperCollins
A USA Today Bestseller An Amazon Best Book of the Year Set in London of the 1660s and of the early twenty-first century, *The Weight of Ink* is the interwoven tale of two women of remarkable intellect: Ester Velasquez, an emigrant from Amsterdam who is permitted to scribe for a blind rabbi, just before the plague hits the city; and Helen Watt, an ailing historian with a love of Jewish history. When Helen is summoned by a former student to view a cache of newly discovered seventeenth-century

Jewish documents, she enlists the help of Aaron Levy, an American graduate student as impatient as he is charming, and embarks on one last project: to determine the identity of the documents' scribe, the elusive "Aleph". Electrifying and ambitious, *The Weight of Ink* is about women separated by centuries—and the choices and sacrifices they must make in order to reconcile the life of the heart and mind. Rachel Kadish is the award-winning author of the novels *From a Sealed Room*, *Tolstoy Lied: A Love Story* and *The Weight of Ink*, as well as the novella *I Was Here*. Her work has appeared on NPR and in the *New York Times*, *Ploughshares*, and *Tin House*, and has been anthologised in the *Pushcart Prize Anthology* and elsewhere. She lives outside Boston and teaches in Lesley University's MFA Program in Creative Writing. www.rachelkadish.com "A gifted writer, astonishingly adept at nuance, narration, and the politics of passion." Toni Morrison 'A sophisticated twining of literature and early modern history, *The Weight of Ink* expertly layers research and imagination, blending historical romance with intellectually satisfying metafiction.' *Sydney Morning*

Herald "This astonishing third novel from Kadish introduces readers to the 17th-century Anglo-Jewish world with not only excellent scholarship, but also fine storytelling. The riveting narrative and well-honed characters will earn a place in readers' hearts." *Library Journal*, starred review "Like A.S. Byatt's *Possession* and Tom Stoppard's *Arcadia*, this emotionally rewarding novel follows [...] present-day academics trying to make sense of a mystery from the past... Vivid and memorable." *Publisher's Weekly* "An unforgettable quest... Kadish's characters are memorable, and we're treated to a host of them...From Shakespeare's *Dark Lady* to Spinoza's philosophical heresies, Kadish leaves no stone unturned in this moving historical epic. Chock-full of rich detail and literary intrigue." *Kirkus Reviews* "Kadish positions two women born centuries apart yet united by a thirst for knowledge at the core of a richly textured, addictive novel...Kadish has fashioned a suspenseful literary tale that serves as a compelling tribute to women across the centuries committed to living, breathing, and celebrating the life of the mind." *Booklist* 'So powerful and

visceral...Incredible...I haven't been able to read a book since.' Rose McGowan, *New York Times Book Review Podcast* 'So many historical novels play with the "across worlds and centuries" trope, but this one really delivers, tying characters and manuscripts together with deep assurance. A book to get lost in.' *LitHub* 'The *Weight of Ink* hooked me so deeply...Kadish, with storytelling genius, mirrors events and eureka moments across the centuries, binding the characters to one another. And an enormously satisfying ending wraps everything up while leaving enough rough edges to mimic the loose ends of real life.' *Amazon Book Review*
[Hunt the Stars](#) *Harlequin*
 Andrew Vachss returns with a mesmerizing novel about a hard-core thief who's about to embark on a job that will alter his life forever. Sugar's a pure professional, "time tested" and packing 255 pounds of muscle. Accused of a rape he couldn't have done because he was robbing a jewelry store at the time, the DA offers him two options: give up his partners in the heist and walk, or go back to prison alone. For Sugar, there isn't a

choice; he takes the weight. When he gets out, his money is there, but so is another job. One of the heist crew has fallen off the radar, and the mastermind behind the jewelry job asks Sugar to find him and make sure their secrets are safe. Sugar suspects that there's more to this gig than what he is being told. But nothing he suspects can prepare him for what he finds.

The Weight of Water Imprint

For fans of *13 Reasons Why* and *Girl in Pieces*, this is a novel that shows the path to hope and life for a girl with mental illness. Seventeen-year-old Catherine Pulaski knows Zero is coming for her. Zero, the devastating depression born of Catherine's bipolar disorder, almost triumphed once; that was her first suicide attempt. And so, in an old ballet-shoe box, Catherine stockpiles medications, preparing to take her own life before Zero can inflict his living death on her again. Before she goes, though, she starts a short bucket list. This bucket list, combined with the support of her family, new friends, and a new course of treatment, begins to ease Catherine's sense of isolation. The problem is, her plan is already in place,

and has been for so long that she might not be able to see a future beyond it. This is a story of loss and grief and hope, and how some of the many shapes of love—maternal, romantic, and platonic—affect a young woman's struggle with mental illness and the stigma of treatment.

Coyote Places the Stars Revell

Buzz Aldrin takes readers on a journey through the history of space exploration. As one of a handful of astronauts to have walked on the moon, Buzz Aldrin has a unique perspective of space. And he serves as an amazing guide as he introduces us to the pioneers of space. From Copernicus to the Wright brothers, from the Apollo program to dreams of future travel, he reminds us that mankind has always looked to the stars. Buzz's informative, kid-friendly text is paired with beautifully detailed illustrations by renowned illustrator Wendell Minor, and offers the perfect introduction to everything space related, including the development of the first rockets, America's space race with Russia, details of all the Apollo missions, and the space station. Aldrin and Minor collaborated on

the bestselling *Reaching for the Moon* and now they reach beyond that book to give young readers a concise look at the whole history of space exploration. Each spread provides a wonderful jumping-off point for young readers, and will no doubt inspire them to look to the stars themselves.

Weight of Glory Harper Collins

Discusses how America went from being the world's largest creditor to world's largest debtor in the eight years between 1980 and 1988, due to excessive borrowing from Japan during the Reagan presidency.

The Weight of Lies AK Press

The Wicker King is a psychological young adult thriller that follows two friends struggling as one spirals into madness. Jack once saved August's life...now can August save him? August is a misfit with a pyro streak and Jack is a golden boy on the varsity rugby team—but their intense friendship goes way back. Jack begins to see increasingly vivid hallucinations that take the form of an elaborate fantasy kingdom creeping into the edges of the real world. With their parents' unreliable behavior, August decides to help Jack the way he always has—on his own. He

accepts the visions as reality, even when Jack leads them on a quest to fulfill a dark prophecy. August and Jack alienate everyone around them as they struggle with their sanity, free falling into the surreal fantasy world that feels made for them. In the end, each one must choose his own truth. Written in vivid micro-fiction with a stream-of-consciousness feel and multimedia elements, K. Ancrum's *The Wicker King* touches on themes of mental health and explores a codependent relationship fraught with tension, madness and love. An Imprint Book “Ancrum delves into the blurry space between reality and madness. A haunting and provocative read that will keep teens riveted.” —School Library Journal “Teen fans of moody psychological horror will be entranced.” —Booklist “Give this to readers who like complex, experimental fictions about intense relationships that acquire mythic resonance.” —The Bulletin of the Center for Children's Books “An eerie piece of realistic fiction whose characters revel in intense emotions.” —Kirkus Reviews “An eerie and mesmerizing thriller that questions the space where reality and perception overlap, *The Wicker King* is a

spine-tingling read that will have you riveted.” —Caleb Roerhrig, author of *Last Seen Leaving* and *White Rabbit*
The Weight of this World Tor Books
 After being dumped by his long-term boyfriend for being overweight, Henry Beckett decides to make some drastic changes. In a vain attempt at getting his boyfriend back, Henry does the most absurdly frightening thing he can think of. He joins a gym. Reed Henske is a personal trainer who isn't sure he'll ever be ready to date again. He's sick of guys who are only interested in the perfect body image, never seeing him for who he really is. As Reed tortures Henry with things like diet and exercise, Henry enamours Reed with recipes and laughter. As the friendship lines start to blur, Henry is convinced there's no way Thor-like Reed could ever be interested in a guy like him. Reed just has to convince Henry that life isn't about reaching your ideal bodyweight. It's about finding your perfect counterweight.

The Weight of Life Lake Union Publishing

A vivid, evocative YA lesbian romance about how the universe is full of second chances Ryann Bird dreams of traveling

across the stars. But a career in space isn't an option for a girl who lives in a trailer park on the “wrong” side of town. So Ryann becomes her circumstances and settles for acting out and skipping school to hang out with her delinquent friends. One day she meets Alexandria: a furious loner who spurns Ryann's offer of friendship. After a horrific accident leaves Alexandria with a broken arm, the girls are brought together despite themselves—and Ryann learns her secret: Alexandria's mother is an astronaut who volunteered for a one-way trip to the edge of the solar system. Every night without fail, Alexandria waits to catch radio signals from her mother. And now it's up to Ryann to lift her onto the roof day after day until the silence between them grows into friendship, and eventually something more. *The Weight of the Stars* is the new LGBT young adult romance from K. Ancrum, written with the same style of short, micro-fiction chapters and immediacy that garnered acclaim for her debut, *The Wicker King*. An Imprint Book “*The Weight of the Stars* is one of the most gentle, gracious, and, overall, kind books that I've read all year ... It's a YA

romance about girls and stars and friendship and mercy and loss and regret and what we owe each other and what we give away to lift each other up ... This book is starlight on broken concrete, it's flowers on a broken rooftop, and it's a masterpiece." —Seanán McGuire, New York Times bestselling author of *Every Heart a Doorway* "As bright as it is stellar ... a story with a lush, dark atmosphere; heartbreaking circumstances; bright, new love that blossoms from ugliness; and vividly real, magnetic characters." —Booklist (starred review) "Touches on sexual identity, friendship, nontraditional families, and the price of human space exploration. The characters' resilience and vulnerability are deftly handled ... For readers who are drawn to the unconventional, this will be a satisfying read." —Kirkus Reviews "Their slow-burn romance ... is sweetly, devastatingly understated." - BCCB PRAISE FOR THE WICKER KING: "Ancrum delves into the blurry space between reality and madness. A haunting and provocative read that will keep teens riveted." —School Library Journal "Teen fans of moody psychological horror will be entranced."

—Booklist "Give this to readers who like complex, experimental fictions about intense relationships that acquire mythic resonance." —The Bulletin of the Center for Children's Books "An eerie piece of realistic fiction whose characters revel in intense emotions." —Kirkus Reviews "An eerie and mesmerizing thriller that questions the space where reality and perception overlap, *The Wicker King* is a spine-tingling read that will have you riveted." —Caleb Roerhig, author of *Last Seen Leaving* and *White Rabbit*
The Weight of Salt W. W. Norton & Company
 When Paul Elias receives a terminal diagnosis, he leaves his physician's office in a fog. Only one thing is clear to him: if he is going to die, he must find someone to watch over his granddaughter, Pearl, who has been in his charge since her drug-addicted father disappeared. Paul decides to take her back to Nysa--both the place where he grew up and the place where he lost his beloved wife under strange circumstances forty years earlier. But when he picks up Pearl from school, the little girl already seems to know of his plans, claiming a woman told her. In Nysa,

Paul reconnects with an old friend but is not prepared for the onslaught of memory. And when Pearl starts vanishing at night and returning with increasingly bizarre tales, Paul begins to question her sanity, his own views on death, and the nature of reality itself. In this suspenseful and introspective story from award-winning author Shawn Smucker, the past and the present mingle like opposing breezes, teasing out the truth about life, death, and sacrifice.

The Weight of Our Sky Imprint
 Mama's away one night, and her son can't sleep. He tries to relax by counting stars, but the more of them he sees, the more determined he is to count every single one. Then the boy finds that Daddy can't sleep either. Together, the two of them set off on an unforgettable all-night journey of discovery.

Wheat Belly HarperCollins
 Coyote arranges the stars in the shapes of his animal friends
Darling Seal Press
 Includes a sneak peek of *Undoctored*—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating

wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from

men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

The Wicker King Imprint

New York Times bestselling author Tiffany D. Jackson ramps up the horror and tackles America's history and legacy of racism in this suspenseful YA novel following a biracial teenager as her Georgia high school hosts its first integrated prom. A Junior Library Guild Gold Standard Selection! When Springville residents—at least the ones still alive—are questioned about what happened on prom night, they all have the same explanation . . . Maddy did it. An outcast at her small-town Georgia high school, Madison Washington has always been a teasing target for bullies. And she's dealt with it because she has more pressing problems to manage. Until the morning a surprise rainstorm reveals her most closely kept secret: Maddy is biracial. She has been passing for white her entire life at the behest of her fanatical white father,

Thomas Washington. After a viral bullying video pulls back the curtain on Springville High's racist roots, student leaders come up with a plan to change their image: host the school's first integrated prom as a show of unity. The popular white class president convinces her Black superstar quarterback boyfriend to ask Maddy to be his date, leaving Maddy wondering if it's possible to have a normal life. But some of her classmates aren't done with her just yet. And what they don't know is that Maddy still has another secret . . . one that will cost them all their lives.

The Weight of a Mass Knopf Books for Young Readers

Amidst the Chinese-Malay conflict in Kuala Lumpur in 1969, sixteen-year-old Melati must overcome prejudice, violence, and her own OCD to find her way back to her mother.

The Weight of Water Rodale Books

A brutally honest story about being fat in America--and one woman's experience with radical weight loss after a lifetime of fat shaming Kara Richardson Whitely thought she could do anything. After all, she climbed Mount Kilimanjaro-three times! But now she's off the mountain and

back home again, and there's one thing she just can't manage to do: lose weight. In many ways, Kara is living the life of everywoman, except that she's not everywoman because she weighs 300 pounds and is tormented by binge eating disorder. Her weight is a constant source of conflict and shame, as the people from every corner of her life, from her coworkers to the neighbors down the street, judge Kara for the size of her body. When it becomes just too much to tolerate, Kara turns to therapy and weight-loss surgery, a choice that transforms her body-and her life. Kara's story is one of living as a fat woman in America, where fat prejudice is rampant despite our nation's pandemic of obesity. In this fresh, raw memoir, Kara reveals this epic contradiction, and offers a revealing comparison of life before and after radical weight loss.

How Many Stars in the Sky? Little Brown

Syleena Johnson's highly anticipated self-help book, *The Weight is Over*, shares her compelling and painful journey toward self-love and discovery, while chronicling her battles with body image birthed in

adolescence and carried throughout her music career. Honest, heart-warming and human, *The Weight Is Over* shares Syleena's pain and progression providing tactful ways to identify and eliminate stressors to sustain optimal mental, emotional and physical health. A love letter to life's lessons, *The Weight is Over* shines a spotlight on the complexities of love and how self-worth defines how we emotionally invest in ourselves and others. An ode to obstacles faced and conquered, this self-help book sets an indelible tone for reflection, resurgence and redemption. *Written in the Stars* Zondervan

Selected from sermons delivered by C. S. Lewis during World War II, these nine addresses offer guidance and inspiration in a time of great doubt. These are ardent and lucid sermons that provide a compassionate vision of Christianity.

The Weight of the Yen Simon and Schuster
 "The right story at the right time. . . . It's not just a narrative; it's an experience. It's the novel we've been waiting for." —The New York Times
 A boy tries to steer a safe path through the projects in Harlem in the wake of his brother's death in this

outstanding debut novel that celebrates community and creativity. Winner of the Coretta Scott King John Steptoe Award for New Talent and soon to be a major motion picture directed by Michael B. Jordan! It's Christmas Eve in Harlem, but twelve-year-old Lolly Rachpaul and his mom aren't celebrating. They're still reeling from his older brother's death in a gang-related shooting just a few months earlier. Then Lolly's mother's girlfriend brings him a gift that will change everything: two enormous bags filled with Legos. Lolly's always loved Legos, and he prides himself on following the kit instructions exactly. Now, faced with a pile of building blocks and no instructions, Lolly must find his own way forward. His path isn't clear—and the pressure to join a "crew," as his brother did, is always there. When Lolly and his friend are beaten up and robbed, joining a crew almost seems like the safe choice. But building a fantastical Lego city at the community center provides Lolly with an escape—and an unexpected bridge back to the world. David Barclay Moore paints a powerful portrait of a boy teetering on the edge—of adolescence, of grief, of violence—and shows how Lolly's inventive

spirit helps him build a life with firm foundations and open doors. A New York Times Notable Book A Time Magazine Top 10 Children's Books of the Year A Boston Globe Best Children's Book of the Year Six Starred Reviews "A fast and furious read in which we meet some amazing people, people that stay with us. David Barclay Moore is an exciting new voice. We definitely haven't heard the last of his

brilliance." —Jacqueline Woodson, Newbery Honor and National Book Award-winning author of *Brown Girl Dreaming* "The Stars Beneath Our Feet is about the weight of the world on the back of a child, and the creative tools necessary to alleviate that pressure. I found myself rooting for Lolly, and you will too." —Jason Reynolds, Coretta Scott King Honor Winner

for *As Brave As You*

Weight Expectations Houghton Mifflin Harcourt

When her sister is found dead under mysterious circumstances, Lena strikes a gruesome deal with the Norse gods to bring her back and finds herself in the middle of an impending doomsday—all while discovering dangerous secrets about her sister's identity.