

Mach Mal Halblang Anmerkungen Zu Unserem Nervosen

"Good morning America book club"--Jacket.

Combining the emotional deftness of Sarah Dessen with the magical spark of New York City in wintertime, this affecting novel will inspire readers to pay closer attention to the world around them. What does it really mean to be kind . . . and why does it sometimes feel like the hardest thing in the world to do? High school senior Kendall, who just returned from a life-changing semester in Europe, and Max, who is drifting his way through a gap year before college, struggle with these questions when they witness a tragic accident in New York City during the holiday season. Racked with guilt, the two accept a dare to perform random acts of kindness to strangers. The challenge pulls these two teens, who have a history together from back home, closer and closer as they explore a vibrant city filled with other people's stories and secrets. Kendall and Max can't deny their growing bond, even though they both have other romantic entanglements and uncertain futures. As the clock counts down on New Year's Eve, will they find themselves together at midnight? Jennifer Castle's latest novel is a romantic, thought-provoking tale of human connection and how we find—and make—our place in the world.

THE SUNDAY TIMES BESTSELLER WINNER OF THE 2017 BOOKS ARE MY BAG READERS AWARD FOR POPULAR FICTION Tom Hazard has a dangerous secret. He may look like an ordinary 41-year-old, but owing to a rare condition, he's been alive for centuries. From Elizabethan England to Jazz-Age Paris, from New York to the South Seas, Tom has seen a lot, and now craves an ordinary life. Always changing his identity to stay alive, Tom has the perfect cover - working as a history teacher at a London comprehensive. Here he can teach the kids about wars and witch hunts as if he'd never witnessed them first-hand. He can try to tame the past that is fast catching up with him. The only thing Tom must not do is fall in love.

Discover and record the story of the person central to your existence, your mother.

Dreams Books

A True Story of Family and Survival

Quicksand

Surviving the Climate Crisis

Widersprüche

Obsessions, Confessions, and Life Lessons

DO YOU A) Know a human? B) Love a human? C) Have trouble dealing with humans? IF YOU'VE ANSWERED YES TO ANY OF THE ABOVE, THIS BOOK IS FOR YOU Whether you are planning a high level of human interaction or just a casual visit to the planet, this user-guide to the human race will help you translate their sayings, understand exotic concepts such as 'democracy' and 'sofas', and make sense of their habits and bizarre customs. A phrase book, a dictionary and a survival guide, this book unravels all the oddness, idiosyncrasies and wonder of the species, allowing everyone to make the most of their time on Earth.

Theodor W. Adorno (September 11, 1903 – August 6, 1969) was a German-born international sociologist, philosopher, and musicologist. He was a member of the Frankfurt School of social theory along with Max Horkheimer, Walter Benjamin, Herbert Marcuse, Jürgen Habermas, and others. He was also the Music Director of the Radio Project from 1937 to 1941, in the U.S.

The #1 Sunday Times Bestseller—a remarkable story of the heroic and unbreakable bond between a father and son that is as inspirational as The Tattooist of Auschwitz and as mesmerizing as The Choice. Where there is family, there is hope In 1939, Gustav Kleinmann, a Jewish upholster from Vienna, and his sixteen-year-old son Fritz are arrested by the Gestapo and sent to Germany. Imprisoned in the Buchenwald concentration camp, they miraculously survive the Nazis' murderous brutality. Then Gustav learns he is being sent to Auschwitz—and certain death. For Fritz, letting his father go is unthinkable. Desperate to remain together, Fritz makes an incredible choice: he insists he must go too. To the Nazis, one death camp is the same as another, and so the boy is allowed to follow. Throughout the six years of horror they witness and immeasurable suffering they endure as victims of the camps, one constant keeps them alive: their love and hope for the future. Based on the secret diary that Gustav kept as well as meticulous archival research and interviews with members of the Kleinmann family, including Fritz's younger brother Kurt, sent to the United States at age eleven to escape the war, **The Boy Who Followed His Father into Auschwitz** is Gustav and Fritz's story—an extraordinary account of courage, loyalty, survival, and love that is unforgettable.

Regarding humans unfavorably upon arriving on Earth, a reluctant extraterrestrial assumes the identity of a Cambridge mathematician before realizing that there's more to the human race than he suspected.

Every Day

The Relationship Journey

The Possession of Mr Cave

The Instant No. 1 Sunday Times bestseller

Together at Midnight

The Anxiety Cure

The first magical book in Matt Haig's festive series – now a major new film! BELIEVE IN THE IMPOSSIBLE You are about to read the TRUE STORY of Father Christmas. If you believe that some things are impossible, you should put this book down right away. (Because this book is FULL of impossible things.) Are you still reading? Good. Then let us begin . . .

In January 2014 Henning Mankell was informed that he had cancer. However, Quicksand is not a book about death, but about what it means to be human. Mankell writes about love and jealousy, courage and fear, about what it is like to live with a fatal illness. This book is also about why the cave painters 40,000 years ago chose the very darkest places for their fascinating pictures. And about the dreadful troll that we are trying to lock away inside the bedrock of a Swedish mountain for the next 100,000 years. It is a book about how humanity has lived and continues to live, and about how Henning lived his own life. And, not least, about the great zest for life, which came back when he managed to drag himself out of the quicksand that threatened to suck him down into the abyss.

"On the day that Naho begins 11th grade, she receives a letter from herself ten years in the future. At first, she writes it off as a prank, but as the letter's predictions come true one by one Naho realizes that the letter might be the real deal. Her future self tells Naho that a new transfer student, a boy named Kakeru, will soon join her class. The letter begs Naho to watch over him, saying that only Naho can save Kakeru from a terrible future. Who is this mystery boy, and can Naho save him from his destiny?"

The highly effective guide to finding the calm within yourself Everyone worries, but if worry has taken over your life and has taken the form of anxiety and panic, it's time to take control and claim your life back. Pioneering psychotherapist Klaus Bernhardt's proven anxiety cure has helped thousands of sufferers lead a calmer, happier life fast. Whether you suffer from general anxiety, panic attacks or social anxiety, The Anxiety Cure will rid you of your fears once and for all. Using the latest research in neuroscience combined with the most useful elements of therapies such as CBT, hypnotherapy and positive psychology, The Anxiety Cure will introduce you to a powerful approach to stop anxiety in its tracks. Within just a few weeks, using tried and tested mind training and pattern breaker techniques, you will discover the real cause of your anxiety, learn to rewire negative thinking and completely transform your response to anxiety-inducing situations and thoughts. Klaus Bernhardt's methods have already been used by thousands of people worldwide to turn their lives around, and now this practical and easy-to-action book is your chance to take control, regain your confidence and live your life free of fear and worry.

Zara

The Last Family in England

A Novel

Im strom

Erinnerungen eines linken Konservativen

Humans: An A-Z

A cautionary but optimistic book about the world's changing climate and the fate of humanity, from Christiana Figueres and Tom Rivett-Carnac—who led negotiations for the United Nations during the historic Paris Agreement of 2015. The authors outline two possible scenarios for our planet. In one, they describe what life on Earth will be like by 2050 if we fail to meet the Paris Agreement's climate targets. In the other, they lay out what it will be like to live in a regenerative world that has net-zero emissions. They argue for confronting the climate crisis head-on, with determination and optimism. The Future We Choose presents our options and tells us what governments, corporations, and each of us can, and must, do to fend off disaster.

This Dream Journal Notebook is Perfect for Men and Women Who Need Help With the Explanation of Your Dreams.

Das -Chanelkostüm- unter den Büchern zum Thema Alterwerden Worauf es ankommt ist, eine Haltung zu entwickeln, mit der man sich grazitäts durch die mittlere (und höheren) Jahre bewegt. Denn wie der Körper sich verändert, können sich auch die Gedanken des Menschen seiner neuen Lebensphase anpassen. Um uns herum beobachten wir jeden Tag Menschen, die mit dieser Aufgabe ringen, kaum jemand bewältigt sie mühelos. Doch es gibt sie, die souverän Alternend! Ihr Geheimnis zu ergründen, ist Ziel dieses Buchs. Es entstehen fein beobachtete, exakt beschriebene Bilder, Gedanken und Anregungen. Das Ergebnis: Couture zum Lesen, elegant und unverwechselbar wie ein Chanel-Blazer.

Die Memoiren des kürzlich verstorbenen Journalisten sozialliberaler Prägung und zeitweiligen Diplomaten liegen bruchstückhaft vor. Aus der Kopie des Typoskripts geht nicht hervor, ob die im Inhaltsverzeichnis vermerkten Schlusskapitel überhaupt noch fertiggestellt werden konnten. Das betrifft seine Zeit als Ständiger Vertreter der Bundesrepublik in OstBerlin unter Kanzler Brandt (vgl. dazu Gaus' Buch "Wo Deutschland liegt", BA 12/83). Plastisch schreibt Gaus über Herkunft, Kindheit, Jugend, journalistische Lehrjahre und dann besonders intensiv über seine Meisterjahre in herausragenden Positionen, so als Programmdirektor beim Süddeutfunk und als Chefredakteur beim "Spiegel". Besonders stolz ist er auf seine Fernsehporträts bedeutender Zeitgenossen (auch als Buch "Zur Person", BA 10/87) und seine Nähe zu herausragenden Politikern. Hier geigenen ihm einprägsame Charakteristiken, so etwa die Herbert Wehners. Schon früh zeigte sich sein Interesse an gesamtdeutschen Fragen. Auch als Fragment ein aufschlussreiches Buch über die Bonner Republik. (2).

Live a Life Free From Panic in Just a Few Weeks

Endlich Lady!

orange Vol. 3

Crown of Coral and Pearl

The Girl Who Saved Christmas

The Boy Who Followed His Father into Auschwitz

This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve. Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

October 2011. While West Berlin enjoys all the trappings of capitalism, on the crowded, polluted, Eastern side of the Wall, the GDR is facing bankruptcy. The ailing government's only hope lies in economic talks with the West, but then an ally of the GDR's chairman is found murdered – and all the clues suggest that his killer came from within the Stasi. Detective Martin Wegener is assigned to the case, but, with the future of East Germany hanging over him, Wegener must work with the West German police if he is to find the killer, even if it means investigating the Stasi themselves. It is a journey that will take him from Stasi meeting rooms to secret prisons as he begins to unravel the identity of both victim and killer, and the meaning of the mysterious Plan D. Plan D is a gripping thriller and a thought-provoking alternative history in the vein of Robert Harris's Fatherland and John le Carré's

The Spy Who Came in from the Cold

Denken auch Sie oft über das nach, was Sie nicht haben, als über das, was Sie schon erreicht haben? Dass Sie mit einem besseren Gehalt oder einer größeren Wohnung zufriedener wären? Catherine Gray kennt dieses Gefühl sehr gut und weiß, wer an dieser verzwickten Situation Schuld trägt: unser Gehirn. Denn unsere Gedanken kreisen evolutionär bedingt am liebsten um das Negative, um das "Hatte" oder "Ware", sodass wir uns ständig mit anderen vergleichen und immer noch weiter, noch höher, noch mehr möchten. Doch wer das Alltägliche und ganz Gewöhnliche zu schätzen lernt, erhält eine völlig neue Perspektive auf sein Dasein. Catherine Gray erzählt auf geistreiche und unterhaltsame Weise, wie sie in jedem Bereich ihres Lebens das Gewöhnliche hat einziehen lassen und dabei endlich einen neuen, willkommenen Mitbewohner bekommen hat: Zufriedenheit. "Lebensbejahend!" The Telegraph "Wundervoll!" The

Independent

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Meet the Hunter family. Adam, Kate, and their children Hal and Charlotte. And Prince, their Labrador. Prince is an earnest young dog, striving hard to live up to the tenets of the Labrador Pact (Remain Loyal to Your Human Masters, Serve and Protect Your Family at Any Cost). Other dogs, led by the Springer Spaniels, have revolted. As things in the Hunter family begin to go badly awry - marital

breakdown, rowdy teenage parties, attempted suicide - Prince's responsibilities threaten to overwhelm him and he is forced to break the Labrador Pact and take desperate action to save his Family. Alterwerden muss nicht beige sein

Echo Boy

Secrets for the Mad

How to Simplify Your Life

The Humans

Law of Attraction

THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER Reflections on hope, survival and the messy miracle of being alive It is a strange paradox, that many of the clearest, most comforting life lessons are learned while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard. The Comfort Book is a collection of consolations learned in hard times and suggestions for making the bad days better. Drawing on maxims, memoir and the inspirational lives of others, these meditations celebrate the ever-changing wonder of living. This is for when we need the wisdom of a friend or a reminder we can always nurture inner strength and hope, even in our busy world. A book of timeless comfort for modern minds.

Get High Now is an illustrated, mind-blowing magic carpet ride of more than 175 ways to alter human perception and consciousnesswithout drugs or alcohol. Culled from science, physiology, spiritual practices, and the audio visual arts, these "all natural" highs playfully and safely explore the mind-body connection to entertaining and illuminating effect. Accessible and well-researched, each entry introduces concepts such as lucid dreaming, optical and auditory illusions, controlled breathing, meditation, time compression, and physical and mental exercises, explaining the ways in which they affect our minds and bodies and how to do them. Readers follow the author and his "HighLab" testing team through mind-bending and sometimes hilarious investigations, such as how to lull the mind into hallucinatory states with audio loops; why multiple bee stings lead to euphoric states; what cheeses to eat to induce psychedelic lucid dreams; how to control your breathing to create an out-of-body experience; and many more. Including solo, tandem, and group highs, Get High Now features hundreds of ways to calm or stimulate the senses and open new windows to experiencing the world.

WHAT DOES IT TAKE TO BELIEVE IN MAGIC? It is Christmas Eve and it is not well. Amelia Wishart is trapped in Mr Crepsler's warehouse and Christmas is in jeopardy. Magic is fading. If Christmas is to happen, Father Christmas knows he must find her. With the help of some elves, eight reindeer, the Queen and a man called Charles Dickens, the search for Amelia - and the secret of Christmas - begins . . .

Audrey 's father taught her that to stay human in the modern world, she had to build a moat around herself, a moat of books and music, philosophy and dreams. A moat that makes Audrey different from the echoes: sophisticated, emotionless humans, built to resemble humans and to work for human masters. Daniel is an echo -- but he 's not like the others. He feels a connection with Audrey, a feeling Daniel knows he was never designed to have, and cannot explain. And when Audrey is placed in terrible danger, he 's determined to save her. ECHO BOY is a powerful story about love, loss and what makes us truly human.

Minima Moralia

The Comfort Book

Zeitschrift f u r sozialwissenschaftlichen Diskurs

Self-Help Exercises for Anxiety, Depression, Trauma, and Autism

Reasons to Stay Alive

The Future We Choose

"A fabulous interweaving of fantasy, politics, and sisterhood—this unusual, tense tale will have you on the edge of your seat!"—#1 New York Times bestselling author Tamora Pierce **Red Queen** meets **House of Salt and Sorrow** in Mara Rutherford's debut YA fantasy **Crown of Coral and Pearl**, which follows a young woman from a village on the sea who must impersonate her twin on land to save everyone she loves from a tyrannical prince. For generations, the crown princes of Ilara have married the most beautiful maidens from the ocean village of Varenta. Nor once dreamed of seeing the mysterious mountain kingdom for herself, but after a childhood accident left her with a scar, she knew her twin sister, Zadie, would likely be chosen to marry the crown prince. Then Zadie is injured, and Nor is sent to Ilara in her place. She soon discovers her future husband, Prince Ceren, is as forbidding and cold as his home. And as she grows closer to Ceren's brother, Prince Talin, Nor learns of a falling royal bloodline, a murdered queen...and a plot to destroy her village. To save her people, Nor must learn to negotiate the treacherous protocols of a court where lies reign and obsession rules...but discovering her own formidable strength may cost her everything she loves. **Books in the Crown of Coral and Pearl duology: Crown of Coral and Pearl Kingdom of Sea and Stone**

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Terence Cave, owner of Cave Antiques, has already experienced the tragedies of his mother's suicide and his wife's murder when his teenage son, Reuben, is killed in a grotesque accident. His remaining child, Bryony, has always been the family's golden girl and Terence comes to realise that his one duty in life is to protect her from the world's malign forces, whatever that may take. But as he starts to follow his grieving daughter's movements and enforce a draconian set of rules, his love for Bryony becomes a possessive force that leads to destruction.

This practical job search handbook gives you the how to of Internet research, including sample e-CVs, action plans, the covering e-mail, tips for networking online, plus a directory of over 100 specific job-hunting and recruitment sites.

Practical wisdom on work, money, health, and relationships The international bestseller **How to Simplify Your Life** offers concrete advice on achieving happiness in a time of economic contraction and uncertainty. The book explains, in seven steps, how to get rid of unnecessary stuff and unload the burdens of modern life—and points the way back to what we know is important but have forgotten. By following the path outlined in the book, readers will learn to organize their time (and their desks), change the way they think about money, improve their health and relationships, and find meaning in their lives. The book shows readers how to: Eliminate chaos in the workplace Cut back on activities and slow down Get rid of debt Balance private life with career life Make room for relationships

Berliner Debatte Initial

The Radleys

A Funny Book About Horrible Things

Furiously Happy

A Boy Called Christmas

The Internet Job Search Handbook

The Secret opened the world to the power of positive thinking. Now, Law of Attraction will guide you through every step toward getting the life you've always desired -- and deserved. Have you noticed that sometimes what you need just falls into place? Perhaps you've met the perfect client or life partner merely by being at the right place at the right time. On the other hand, there are some people who find themselves in one terrible relationship after another or who seem unable to find a powerful force. It's called the Law of Attraction, and right now it's attracting people, jobs, situations, and relationships to you. The Law of Attraction can be defined as: I attract to my life whatever I give my attention, energy, and focus to, whether positive or negative. Now, with this book, readers can learn how to use the Law of Attraction deliberately and integrate it into their daily life. By doing this, they will attract all they need to do, know, and have so they can get more of what they want. This book is a 3-step formula (Identify Your Desire, Give Your Desire Attention, and Allowing), complete with tips, tools, exercises, and scripts. Law of Attraction shows readers how to: Attract their ideal mate and ideal relationships Increase wealth and abundance Improve their business with more customers, clients, and referrals Discover their ideal job, true calling, or career and more!

Order **THE COMFORT BOOK**. Available now! **THE NUMBER ONE SUNDAY TIMES BESTSELLER WHAT DOES IT MEAN TO FEEL TRULY ALIVE?** Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive. **Reasons to Stay Alive** is more than a memoir. It is a time on earth. 'I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free.'

Heile Welt in einer Kleinstadt? Weit gefehlt! Ein Mädchen - viele Probleme. Die 17-jährige magersüchtige Zara stürzt als Neue am kleinstädtischen Gymnasium in einen Strudel von Mobbing, Erpressung, Freundschaft, Erwartungen, Enttäuschungen und Ängsten. Sie kämpft mit sich selbst, mit ihrer Mutter, ihren Lehrern und Mitschülern. Nur ihr toter Vater steht ihr bei. Und die Liebe?

THE NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST BOOKS OF THE YEAR by Booklist • Kirkus Celebrate all the ways love makes us who we are with the romance that Entertainment Weekly calls "wise, wildly unique"--from the bestselling co-author of Nick and Norah's Infinite Playlist and Will Grayson, Will Grayson--about a teen who wakes up every morning in a different body, living a different life. Now a major motion picture! Every day a different body. Every day a different girl. There's never any warning about where it will be or who it will be. A has made peace with that, even established guidelines by which to live: Never get too attached. Avoid being noticed. Do not interfere. It's all fine until the morning that A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply. Because finally A has found someone he wants to be with—day in, day out, day after day. With Rhiannon, Will Grayson, and Nick and Norah's Infinite Playlist, has pushed himself to new creative heights. He has written a captivating story that will fascinate readers as they begin to comprehend the complexities of life and love in A's world, as A and Rhiannon seek to discover if you can truly love someone who is destined to change every day. "A story that is always alluring, oftentimes humorous and much like love itself— splendorous." —Los Angeles Times

Seven Practical Steps to Letting Go of Your Burdens and Living a Happier Life

How to Live a Fulfilling Relationship: a Guide for Couples and Singles

Mach mal halblang. Anmerkungen zu unserem nervösen Planeten

Now a major film

Get High Now (without drugs)

The Midnight Library

How to find the solution for fulfilling relationships within yourself. "The solution lies within yourself!": This practice-oriented guide, written by Wieland Stolzenburg, explains why the solution for conflicts and challenges in relationships lies within ourselves. Unless we stop searching for the cause and solution within our partner, we won't be living the relationship we desire. Straight from the practice of a relationship psychologist The author uses examples from his practice for relationship counselling and couple's therapy to illustrate that these changes are possible - practice-oriented, solution-oriented and understandable. He also communicates psychological background knowledge, offers impulses, asks questions and enables the reader to find solutions on their own and with easily implementable exercises. A book for couples and singles This relationship guide is aimed at everyone who wishes to understand themselves and their relationship pattern better and to contribute to changes by accepting responsibility. With the goal to re-design relationships to be happier, more fulfilled and harmonic. A book written by Wieland Stolzenburg, www.wielandstolzenburg.com

In **Furiously Happy**, #1 New York Times bestselling author Jenny Lawson explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. But terrible ideas are what Jenny does best. As Jenny says: "Some people might think that being 'furiously happy' is just an excuse to be stupid and irresponsible and invite a herd of kangaroos over to your house without telling your husband first because you suspect he would say no since he's never particularly liked kangaroos. And that would be ridiculous because no one would invite a herd of kangaroos into their house. Two is the limit. I speak from personal experience. My husband says that none is the new limit. I say he should have been clearer about that before I rented all those kangaroos. "Most of my favorite people are dangerously fucked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote in **The Breakfast Club**, "We're all pretty bizarre. Some of us are just better at hiding it." Except go back and cross out the word "hiding." **Furiously Happy** is about "taking those moments when things are fine and making them amazing, because those moments are what make us who we are, and they're the same moments we take into battle with us when our brains declare war on our very existence. It's the difference between "surviving life" and "living life" It's the difference between "taking a shower" and "teaching your monkey butler how to shampoo your hair." It's the difference between being "sane" and being "furiously happy." Lawson is beloved around the world for her inimitable humor and honesty, and in **Furiously Happy**, she is at her snort-inducing funniest. This is a book about embracing everything that makes us who we are - the beautiful and the flawed - and then using it to find joy in fantastic and outrageous ways. Because as Jenny's mom says, "Maybe 'crazy' isn't so bad after all." Sometimes crazy is just right.

Originally published: Great Britain: Ebury, 2017.

'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read....

How to Stop Time

The Science of Attracting More of What You Want and Less of What You Don't

Allen Carr's Easy Way to Stop Smoking

The Mother's Book

Plan D

Vom unerwarteten Vergnügen, ein völlig normales Leben zu führen

Struggling with overwork and parenting angst, English village doctor Peter Radley endeavors to hide his family's vampire nature until their daughter's oddly satisfying act of violence reveals the truth, an event that is complicated by the arrival of a practicing vampire family member.

Accessing the Healing Power of the Vagus Nerve

roman eines lebens