

# Read Free Sprinkles And Secrets Lisa Schroeder Free Download Pdf

*Sprinkles and Secrets Sprinkles and Secrets It's Raining Cupcakes Fountains and Secrets Secrets of a Summer Night Snow Flower and the Secret Fan Sealed with a Secret Frosting and Friendship Best-Kept Secrets & Second Chance Cowboy Mona Lisa's Secret Falling for You Hot Secrets The Day Before Dangerous Secrets. A novel Maggie's Man Snow Flower and the Secret Fan Far from You A Secret to Die For Death and a Crocodile Midnight Secrets I Heart You, You Haunt Me Dirty Rich Secrets Sealed with a Secret He's Just a Cowboy Chasing Brooklyn Buried Ranch Secrets Never Tell In the Blood Sleep Sweet Treats & Secret Crushes Sprinkles, Secrets & Other Stories MacNamara's Woman Savvy Secrets The Book of Lost Friends The Night Before Someone Knows Secrets Exposed THE MCCAFFERTYS: THORNE Watching You The Night She Disappeared*

"Twelve-year-old Lily finds herself knee-deep in sugar and sheet music as she tries to juggle her responsibility to her bandmates and give her friend the best Sweet Thirteen party ever"-- Girl meets boy. Girl loses boy. Girl gets boy back.... sort of. Ava can't see him or touch him, unless she's dreaming. She can't hear his voice, except for the faint whispers in her mind. Most would think she's crazy, but she knows he's here. Jackson. The boy Ava thought she'd spend the rest of her life with. He's back from the dead, as proof that love truly knows no bounds. Twelve-year-old Sophie is excited to have the opportunity to audition for a television commercial until she learns the company is Beatrice's Brownies, the biggest competitor of her best friend's family cupcake shop. Includes recipes for chocolate treats. BESTSELLING AUTHOR COLLECTION Reader-favorite romances in collectible volumes from our bestselling authors Best-Kept Secrets by #1 New York Times bestselling author Lisa Jackson Previously published as The McCaffertys: Thorne When his pregnant half sister is injured in a car accident, Thorne McCafferty rushes to the hospital in his hometown of Grand Hope, Montana. He never expects that Randi's ER doctor will be his teenage flame, Nicole Stevenson. Nicole has never forgotten the young love she shared with Thorne—or the sting of his unexplained rejection. Now they're grown up, but she finds her feelings for Thorne haven't changed. Will they both be able to move beyond their pasts for a second chance at a happy ending? FREE BONUS STORY INCLUDED IN THIS VOLUME! Second Chance Cowboy by New York Times bestselling author B.J. Daniels Just about every woman in Whitehorse, Montana, dreams about the new agent in town, Hank Monroe—even Arlene Evans, the plain woman with a painful past. When Arlene's pregnant daughter goes missing, it's up to Hank to close the case. But with Hank's personal demons coming back to haunt him, Arlene will have a mystery of her own to solve... In bustling, affluent ancient Rome during the reign of Emperor Claudius, status matters—yet some dare to ignore it. And some dare to defy social conventions. Inspired by Jesus's radical views, unconventional Livia Aemilia cares little about stuffy Roman dignity. She'd rather help others and solve crimes. But when her new husband forbids her from sleuthing, she continues in secret and soon learns that dishonesty doesn't work well in a marriage. His face and reputation scarred from an old betrayal, Memmius Avitus cares about justice. Although from a respected senatorial family, he takes pride in helping underprivileged clients win legal battles over more privileged opponents, to the annoyance of his peers. When Avitus's mentor is murdered, Avitus investigates undercover because he doesn't want his inquisitive wife to get involved. His attempts to conceal the truth only cause more problems for his reputation—and his marriage. Eventually the couple forms a tenuous alliance, but when Avitus learns the mastermind behind the crimes is a ruthless longtime enemy, he fears for Livia's safety and orders her to stop. His reluctance to explain why only infuriates her into reckless action. Fountains and Secrets, book 2 in the Livia Aemilia Mysteries, is quirky, fast paced, and clever, showing readers that trust and honesty are more important than winning the battle of the wills. Royce Walker, a former FBI Agent, who's opened a private security firm with his brothers, has always had the hots for the prim, proper Assistant District Attorney, but considered her hand's off because of a family connection. However, when danger threatens Lauren, he isn't willing to stand by and watch her get hurt. Now the passion for survival is only rivaled by the passion burning between them. And that passion, might just be the death of them both. Her enemy is her passion, her passion is her enemy... Lindsey Paxton was once the number one defense attorney in New York. She fought for those who were innocent, but charged. Her instincts were her lifeline, never failing her, as they guided her in her choices of who to defend. Or so she thought. Until she won a case she would forever wish to have lost. Her client, an accused rapist, kills and rapes a woman only a day after being set free. Destroyed by her role in the woman's death, Lindsey blames her father's controlling ways for what she has become, and runs from her career and life. Years later - the past becomes the present . . . ?Her father has cancer, and Lindsey is forced to leave her career with the Washington branch of the FBI. She finds herself facing the responsibility of running her father's law firm with the reluctant help of hotshot attorney Mark Reeves, a man who sparks her temper while also managing to tempt her heart, while setting her body on fire! With his help she finds herself fighting the emotional battles of the past, tempted to trust both him and her instincts. Now, faced with a case inherited from her father so similar to her career-ending one, she now must decide if her instincts will lead her down the path to saving an innocent man or setting free another killer. But while she fights her own battles, someone watches, wanting from the past what he had failed to get the first time . . . Lindsey. With every twist and turn you don't know what's going to happen. Another Lisa Jewell classic..... Melville Heights is one of the nicest neighborhoods in Bristol, England; home to doctors and lawyers and old-money academics. It's not the sort of place where people are brutally murdered in their own kitchens. But it is the sort of place where everyone has a secret. And everyone is watching you. As the headmaster credited with turning around the local school, Tom Fitzwilliam is beloved by one and all—including Joey Mullen, his new neighbor, who quickly develops an intense infatuation with this thoroughly charming yet unavailable man. Joey thinks her crush is a secret, but Tom's teenaged son Freddie—a prodigy with aspirations of becoming a spy for MI5—excels in observing people and has witnessed Joey behaving strangely around his father. This full-length novel contains parts one, two and three of Dirty Rich Secrets which were originally released as individual novellas. The story is the same, the packaging is just together. He was passion and the reason I breathed. I loved him, trusted him when life taught me to trust no one. He was nothing I thought he was. He wasn't even the man he said he was. He was dangerous. Everyone told me to hide, to run, but now he's back. He came for me and I'm not running at all. Because he's still the man that gave me a reason to breathe and if that's dangerous, that's a risk I will have to take. Ashley's story - you met her in Dirty Rich Cinderella Story, and now she's ready to tell her story. You do not need to read any book prior to this one. Rome, 47 AD. When Livia's father dies under suspicious circumstances, she sets out to find the killer before her innocent brother is convicted of murder. She may be an amateur when it comes to hunting dangerous criminals, but she's determined, intelligent, and not afraid to break a convention or two in pursuit of the truth. Plus, she's adopted a radical new faith that encourages her to believe a woman and a handful of servants can actually solve a murder. A lighthearted historical mystery set in first-century Rome, featuring a feisty amateur sleuth, a cast of eccentric characters, and an unrepentant, sausage-snatching cat. Lost and alone€€down the rabbit hole. Alice thought she knew what solitude was: Her mother—gone Her father—remarried with a newborn daughter. Now€€trapped in the icy embrace of a deadly snowstorm Alice faces the true meaning of loneliness. But hope may not be as far away as she thinks€€. Twelve-year-old Sophie is excited to have the opportunity to audition for a television commercial until she learns the company is Beatrice's Brownies, the biggest competitor to her best friend's family's cupcake shop. The second Family Secrets novel from the #1 New York Times bestselling author of Right Behind You and Find Her... Three siblings searching for the truth about their family are about to find more than they bargained for... When Tamara Allistair lost her family, she quickly learned that the only person she could rely on was herself. Now Tamara wants revenge against the man who wronged her. But going after a target with far-reaching connections is a dangerous gamble, and soon Tamara is the one being threatened. A man with his own share of family issues, ex-marine C. J. MacNamara knows that protecting Tamara is the right thing to do. Keeping her safe is no easy task, but getting her to trust him is an entirely different challenge. As Tamara attempts to right a wrong ten years in the making, C.J. puts his own life on the line to protect the woman who is more worthy of love than anyone he's ever known. A dark, unnerving thriller from award-winning New York Timesand international bestselling author, Lisa Unger. About to graduate from university in upstate New York, Lana Granger takes a job in town looking after eleven year old Luke. Expelled from schools all over the country, manipulative Luke is accustomed to controlling the people in his life. He likes to play games. But in Lana he may have met his match. Or has Lana met hers? Because Lana is a liar. She has told so many lies about where she comes from and who she is, that even she can't remember the truth. Then Lana's closest friend Beck mysteriously goes missing, and Lana's alibi for the night of the disappearance doesn't match with eyewitness accounts. Now, Lana finds herself lying again - to friends, to the police, to herself. Lana is willing to do almost anything to keep the truth - about her last night with Beck, about everything - from coming out. Even so, it might not be enough to keep her shocking secrets dead and buried. But somebody knows all about Lana's lies. And they are dying to tell. Riveting psychological suspense of the first order. If you haven't yet experienced Lisa Unger, what are you waiting for? Harlan Coben 'Lisa Unger is one of my favorite authors. She gets better and better with each book' Karin Slaughter 'Deeply plotted and complex and carries an undeniable momentum. Lisa Unger's enthralling cast of characters pulled me right in and locked me down tight. This is one book that will have you racing to the last page, only to have you wishing the ride wasn't over' Michael Connelly 'This is a stunning, mind-bending shocker with moments of sheer terror-one of the best thrillers I've read this year!' Tess Gerritsen 'Twisty, riveting, and enormously exciting. Lisa Unger is a powerful and elegant writer' Joseph Finder 'Suspenseful, sensitive, sexy, subtle ... The best nail-biter I have read for ages. Highly recommended' Lee Child 'A stunning, powerful novel! Lisa Unger's taut prose grabs the reader from word one and never lets go. In this tantalizing tale of family suspense, beware of who you trust and be forewarned about what might happen next' Lisa Gardner 'A tense exploration of what lies beneath the white picket fence of ordinary life. Harlan Coben has a new rival for his thriller crown' John Connolly Coming in July 2015: Crazy Love You, Lisa Unger's gripping new thriller.... 'Haunting and compulsive' Tess Gerritsen From the New York Times bestselling author of Devil in Disguise, the first book in her beloved Wallflowers series. The Wallflowers: four young ladies at the side of the ballroom make a pact to help each other find husbands . . . no matter what it takes. Proud and beautiful Annabelle Peyton could have her pick of suitors—if only she had a dowry. Her family is on the brink of disaster, and the only way Annabelle can save them is to marry a wealthy man. Unfortunately her most persistent admirer is the brash Simon Hunt, a handsome and ambitious entrepreneur who wants her as his mistress. Annabelle is determined to resist Simon's wicked propositions, but she can't deny her attraction to the boldly seductive rogue, any more than he can resist the challenge she presents. As they try to outmaneuver each other, they find themselves surrendering to a love more powerful than they could have ever imagined. But fate may have other plans—and it will take all of Annabelle's courage to face a peril that could destroy everything she holds dear. NEW YORK TIMES BESTSELLER • From the bestselling author of Before We Were Yours comes a dramatic historical novel of three young women searching for family amid the destruction of the post–Civil War South, and of a modern-day teacher who learns of their story and its vital connection to her students' lives. “An absorbing historical . . . enthralling.”—Library Journal Bestselling author Lisa Wingate brings to life startling stories from actual “Lost Friends” advertisements that appeared in Southern newspapers after the Civil War, as newly freed slaves desperately searched for loved ones who had been sold away. Louisiana, 1875: In the tumultuous era of Reconstruction, three young women set off as unwilling companions on a perilous quest: Hannie, a freed slave; Lavinia, the pampered heir to a now destitute plantation; and Juneau Jane, Lavinia's Creole half sister. Each carries private wounds and powerful secrets as they head for Texas, following roads rife with vigilantes and soldiers still fighting a war lost a decade before. For Lavinia and Juneau Jane, the journey is one of stolen inheritance and financial desperation, but for Hannie, torn from her mother and siblings before slavery's end, the pilgrimage west reignites an agonizing question: Could her long-lost family still be out there? Beyond the swamps lie the limitless frontiers of Texas and, improbably, hope. Louisiana, 1987: For first-year teacher Benedetta Silva, a subsidized job at a poor rural school seems like the ticket to canceling her hefty student debt—until she lands in a tiny, out-of-step Mississippi River town. Augustine, Louisiana, is suspicious of new ideas and new people, and Benny can scarcely comprehend the lives of her poverty-stricken students. But amid the gnarled live oaks and run-down plantation homes lie the century-old history of three young women, a long-ago journey, and a hidden book that could change everything. Sixteen-year-old Amber, hoping to spend one perfect day alone at the beach before her world is turned upside down, meets, and feels a strong connection to Cade, who is looking for his own escape, for a very different reason. Twelve-year-old Isabel is dying to get out of her small town of Willow, Oregon, and travel like her best friend, Sophie. But when Isabel's mother decides to open up a cupcake shop across town, Isabel is once again stuck in Willow for the summer...until she learns of a baking contest where the finalists get an all-expenses paid trip to New York City to compete in the final bake-off. But Sophie is also entering the contest, and Isabel's mother has reservations. Can Isabel finally realize her dreams of leaving Willow without hurting two of the most important people in her life? Psychologist Grace Callahan has no idea that she has a secret—one worth killing for. But when she finds out one of her clients has been murdered, she quickly realizes that the computer security specialist wasn't simply suffering from paranoia. Detective Nate Quinn has just been cleared for active duty after a bombing killed eighteen people, including his partner, and left him dealing with PTSD. His first case back on the job involves the murder of Stephen Shaw, and his only lead turns out to be an old friend, Grace Callahan—and her life is in grave danger. Someone believes Shaw gave his psychologist information before he died. Information they are willing to kill for. With her signature pulse-pounding suspense, Lisa Harris takes readers deep into the heart of fear in this race against the clock. "Detective DD Warren and Flora Dane must work together to establish what really happened in an apparently open-and-closed murder case, and whether the perpetrator is innocent - or guilty as charged"—Goodreads.com. Sleep invites you to explore the benefits to be gained from the simple act of sleeping. The body's natural way of reenergizing and healing, sleep nourishes the mind and body with its numerous health benefits. Whether you sleep like a baby or are a perennial insomniac, Sleep will guide you through the cultural and historical perspectives of shut-eye, explain why our body clocks are so important, and delve into the four stages of sleep, from shallow to deep. You'll learn about why it's so important to nourish the mind, what really goes on when you're dreaming and how to tackle the perpetual problem of insomnia. So pyjamas at ready...it's time to get the best night's sleep you've ever had When danger lurks, look to the MEN OF MIDNIGHT: dark, dangerous, and willing to do anything to protect the women they love. Former navy SEAL Joe Harris nearly died—twice—on a medevac helo after being blown up by an IED. He's not moving too great these days, but if there was ever a woman designed to jump-start a man's hormones, it would be his new neighbor. Meeting Isabel—loving Isabel—brought Joe back to life. Isabel Delvaux came from one of America's foremost political dynasties, until the greatest terrorist attack since 9/11 killed her entire family. She barely survived the Washington Massacre, only to become prey for rabid reporters. Fleeing to Portland and changing her name was a way out, a way to start over. The only way. She knows she's safe with Joe Harris. Not just because he's big and strong, not just because he's part of a security team that obliterates threats on the regular, but because he's been to the abyss and back. But as they help each other heal—through talk, through touch, through spectacular sex—the past comes back to play. When Isabel's memory starts to return and a mysterious stranger sends Joe emails indicating Isabel is in imminent danger, he'll do anything to help her uncover the truth. Even if that truth is the most terrifying thing of all... This book is approximately 80,000 words One-click with confidence. This title is part of the Carina Press Romance Promise: all the romance you're looking for with an HEA/HFN. It's a promise! Originally published in 2015 A southern woman is tormented by murders she herself might be committing in this psychological thriller by the #1 New York Times bestselling author. In the dark shadows of a sultry southern town, a serial killer strikes. It's an act of sinister precision that has happened many times before—because every victim is an offering to a hunger that can never be sated. When Caitlyn Montgomery Bandeaux wakes up covered in blood, she has no memory of the night before. Only later does she learn that her estranged husband was brutally murdered...like so many others she has known. Wanted by the police and haunted by horrifying, fragmented memories, Caitlyn turns to Adam Hunt, the town's new psychologist. But even as she and Adam grow closer, Caitlyn wonders how much she can trust him. With the killer still at large, the only think she knows for sure is that those who appear innocent are usually the most evil. When shy Maggie Ferringer reports for jury duty, she is abducted by escaped convict Cain Cannon, who reveals the circumstances of his wrongful arrest and who an increasingly enamored Maggie resolves to prove innocent. From the #1 New York Times bestselling author of Then She Was Gone comes “her best thriller yet” (Harlan Coben, New York Times bestselling author) about a young couple's disappearance on a gorgeous summer night, and the mother who will never give up trying to find them. On a beautiful summer night in a charming English suburb, a young woman and her boyfriend disappear after partying at the massive country estate of a new college friend. One year later, a writer moves into a cottage on the edge of the woods that border the same estate. Known locally as the Dark Place, the dense forest is the writer's favorite place for long walks and it's on one such walk that she stumbles upon a mysterious note that simply reads, “DIG HERE.” Could this be a clue towards what has happened to the missing young couple? And what exactly is buried in this haunted ground? “Utterly gripping with richly drawn, hugely compelling characters, this is a first-class thriller with heart” (Lucy Foley, New York Times bestselling author) that will keep you on the edge of your seat. When Phoebe finds a beautiful antique at a flea market, she's not sure whether it's as valuable as it looks. But inside she discovers something truly amazing a letter written during World War II, from a young girl to her sister who's been evacuated from London. The letter includes a “spell” for bringing people closer together: a list of clues leading all through the city. Each stop along the way adds up to magic. Phoebe is stunned. Not only has she found a priceless piece of history, the letter is exactly what she needs -- she's also separated from her sister, though not by distance. Alice leaves for university soon, but in the meantime, she wants nothing to do with Phoebe. They used to be so close. Now that Phoebe has this magical list, maybe she can fix everything! That is, unless she accidentally makes everything worse instead... From the author of My Secret Guide to Paris comes an unforgettable trip through London, with secret treasures around every corner! THE PAST IS NEVER TOO FAR BEHIND... When Thorne McCafferty rushes home to the family ranch, he is thinking only about whether his sister Randi will survive the car wreck that has put her in the hospital. He never expects that Randi's E.R. doctor will be Nicole Stevenson. Nicole has never forgotten the teenage passion she shared with Thorne... or the sting of his unexplained rejection. Now she's all grown up—but he still affects her in the very same way. Will they both be able to move beyond their pasts for a second chance at a happy ending? Ages 14 up. The closer they get to the truth The deadlier it becomes... When a body is found on his family ranch, single dad Cody Shepard will do anything to help find the murderer. Even work with FBI agent Bethany Snow, the woman who broke his heart. But the shocking identity of the victim reveals painful secrets about Cody's past and sets off a deadly chain of discoveries...and a new threat. This delicious paperback bind-up brings together three middle grade novels about young aspiring bakers chasing their sweetest dreams! In It's Raining Cupcakes, twelve-year-old Isabel would love to escape her boring town of Willow, Oregon, and realize her dream of seeing more of the world and showing off her own sweet recipes. But she's stuck at home, helping her mom open a cupcake shop in town. When Isabel finds out about a baking competition that sends the finalists on an all-expense paid trip to New York City, she realizes this might be her big chance! But her BFF, Sophie, has her own sights on the competition—and Isabel's mom has her own ideas on what her daughter should enter for her big debut. Can Isabel find the winning recipe to keep everyone—including herself—happy as she pursues her dreams? Lily is invited to be a part of The Baking Bookworms with some of her classmates and friends in Frosting and Friendship. The only problem? Lily is much more comfortable making music than making delicious treats. And when she is asked to make a show-stopping, mouthwatering dessert for one of the fellow Baking Bookworms, has Lily bitten off more than she can bake? In Sprinkles and Secrets, Sophie has always dreamed of becoming an actress. So when she's offered an opportunity to audition for a TV commercial spot—and a chance to make her dreams come true—she's over-the-moon happy! But then she finds out what exactly she'll be advertising: the super popular Beatrice's Brownies—a.k.a. number one competitor to It's Raining Cupcakes, the shop owned by her best friend Isabel's family! This wonderful three-books-in-one bind-up includes: It's Raining Cupcakes Frosting and Friendship Sprinkles and Secrets Lily is haunted by memories—of who she once was, and of a person, long gone, who defined her existence. She has nothing but time now, as she recounts the tale of Snow Flower, and asks the gods for forgiveness. In nineteenth-century China, when wives and daughters were foot-bound and lived in almost total seclusion, the women in one remote Hunan county developed their own secret code for communication: nu shu (“women's writing”). Some girls were paired with laotongs, “old sames,” in emotional matches that lasted throughout their lives. They painted letters on fans, embroidered messages on handkerchiefs, and composed stories, thereby reaching out of their isolation to share their hopes, dreams, and accomplishments. With the arrival of a silk fan on which Snow Flower has composed for Lily a poem of introduction in nu shu, their friendship is sealed and they become “old sames” at the tender age of seven. As the years pass, through famine and rebellion, they reflect upon their arranged marriages, loneliness, and the joys and tragedies of motherhood. The two find solace, developing a bond that keeps their spirits alive. But when a misunderstanding arises, their lifelong friendship suddenly threatens to tear apart. Snow Flower and the Secret Fan is a brilliantly realistic journey back to an era of Chinese history that is as deeply moving as it is sorrowful. With the period detail and deep resonance of Memoirs of a Geisha, this lyrical and emotionally charged novel delves into one of the most mysterious of human relationships: female friendship. An old woman tells of her relationship with her 'old-same', their arranged marriages, and the joys and tragedies of motherhood - until a terrible misunderstanding written on their secret fan threatens to tear them apart. With the detail and emotional resonance of Memoirs of a Geisha, Snow Flower and the Secret Fan delves into one of the most mysterious and treasured relationships of all time - female friendship. Historical fiction - Mystery & Suspense Thriller In this elaborately plotted, fast-paced thriller, Phil Phillips takes you on a roller-coaster ride through the streets of Paris and to the Jura mountains of Switzerland, to uncover a secret hidden for thousands of years ... Fans of the da Vinci code will love Mona Lisa's Secret. A little piece of magic . . . When Phoebe finds a beautiful antique at a flea market, she's not sure whether it's as valuable as it looks. But inside she discovers something truly amazing a letter written during World War II from a young girl to her sister, who's been evacuated from London. The letter includes a spell for bringing people closer together: a list of clues leading all through the city. Each stop along the way adds up to magic. Phoebe is stunned. Not only has she found a priceless piece of history, but the letter is exactly what she needs she's also separated from her sister, though not by distance. Alice leaves for university soon, but in the meantime, she wants nothing to do with Phoebe. They used to be so close. Now that Phoebe has this magical list, maybe she can fix everything! That is, unless she accidentally makes everything worse instead . . . From the author of My Secret Guide to Paris comes an unforgettable trip through London, with secret treasures around every corner! " Bestselling and award-winning author Lisa Scottoline reaches new heights with this riveting novel about how a single decision can undo a family, how our past can derail our present, and how not guilty doesn't always mean innocent. Allie Garvey is heading home to the funeral of a childhood friend. Allie is not only grief-stricken, she's full of dread. Because going home means seeing the other two people with whom she shares an unbearable secret. Twenty years earlier, a horrific incident shattered the lives of five teenagers, including Allie. Drinking and partying in the woods, they played a dangerous prank that went tragically wrong, turning deadly. The teenagers kept what happened a secret, believing that getting caught would be the worst thing that could happen. But time has taught Allie otherwise. Not getting caught was far worse. Allie has been haunted for two decades by what she and the others did, and by the fact that she never told a soul. The dark secret has eaten away at her, distancing her from everyone she loves, including her husband. Because she wasn't punished by the law, Allie has punished herself, and it's a life sentence. Now, Allie stands on the precipice of losing everything. She's ready for a reckoning, determined to learn how the prank went so horribly wrong. She digs to unearth the truth, but reaches a shocking conclusion that she never saw coming--

and neither will the reader. A deeply emotional examination of family, marriage, and the true nature of justice, *Someone Knows* is Lisa Scottoline's most powerful novel to date. Startling, page-turning, and with an ending that's impossible to forget, this is a tour de force by a beloved author at the top of her game. As teenagers Brooklyn and Nico work to help each other recover from the deaths of Brooklyn's boyfriend--Nico's brother Lucca--and their friend Gabe, the two begin to rediscover their passion for life, and a newly blossoming passion for one another. *Savvy Secrets*: This is a story about love, fear, courage and the power to heal from within. Written by a retired RN, health coach and mother of children w chronic illness. A guidebook that includes Lisa's seven step process for optimal health; how to move from overwhelmed to empowerment through strategies and recipes for feeling and looking your best at any age. It breaks through common marketing myths that keep us stuck with the goal to create a paradigm shift to move from disease management to true wellness. Demonstrates how you become what you eat and think and how your actions determine your destiny. By: Lisa Jackson, RN, CHC, RYT Cost: \$24.95 ISBN: -13: 9780692289945 ISBN-10: 0692289941 Pre-order [www.savvysecrets.org](http://www.savvysecrets.org) for bonus giveaways Some features include: 40 favorite easy recipes 52 Savvy Secrets Free Giveaways Personal Transformation Rave Reviews: *Savvy Secrets* Lisa's book provides us with what we all need, life coaching. You deserve to feel loved and authentic and her advice can help you find the way. Bernie Siegel, MD author of *The Art of Healing* and *A Book of Miracles* If you are looking for a complete resource for health and wellness, written with love and compassion, then you have finally found it. Dig in! Fabienne Fredrickson, founder of Client Attraction and author of *Embrace Your Magnificence: Get Out of Your Own Way and Live a Richer, Fuller, More Abundant Life* It takes a lot of courage to write a book that is so personal and touching and Lisa has put her heart and love into this book about the process of creating optimum health. When a loved one is diagnosed with a serious disease, especially when it is one of our children we want to do everything possible to help that person in every way. It is not easy to march to the beat of a different drummer and to think outside the box and for a retired RN in mainstream medicine it can be especially trying. But, Lisa steps out fully and fearlessly to break through common marketing myths and to expose the principles behind creating and living a healthy lifestyle and having the best health possible. Brenda Cobb, Founder Living Foods Institute When a blizzard threatens to ruin Valentine's Day, three seventh-grade friends make and distribute fortune cookies to their lonely neighbors—and confront the secrets they've been keeping from one another. Confident Kate doesn't notice much but the latest gossip, and shy Georgia can't say out loud what's always on her mind. They're joined by observant, careful Olivia, whose epic, single-minded crush on PBJ (real name: Phillip Becker-Jacobs) is starting to frustrate the other two. Using fortune cookies that mysteriously always seem to speak directly to the person who opens them, the three girls try to work together to bring some love to their building, while reminding each other why they're such good friends to begin with. With all the right ingredients to appeal to tween girls, this is an irresistible confection from an emerging talent. "The trio's romantic ups and downs tie the story together... an affectionate, insightful ode to friendship. An enjoyable, sure-to-be popular read." –Booklist

[crookedfiguredances.ca](http://crookedfiguredances.ca)