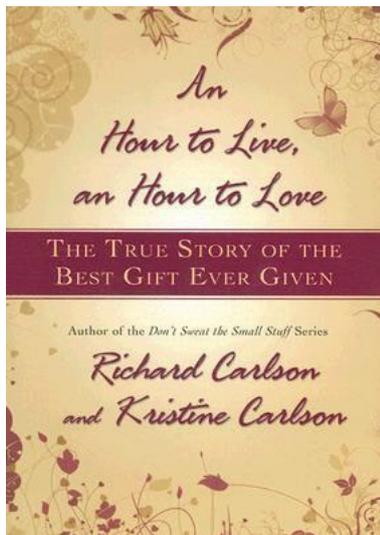


Featured Title

An Hour to Live, an Hour to Love : the true story of the best gift ever given.

Richard Carlson and Kristine Carlson Non Fiction 2007



If you had one hour to live and could make just one phone call, who would you call? What would you say? And why are you waiting?

Richard Carlson's sudden, tragic death in December 2006 left his millions of fans reeling, but even their many letters, calls, and e-mails couldn't erase the loss felt by his wife and partner, Kristine. To assuage her grief, she pored over a quarter century's supply of love letters, reliving the emotions and cherishing her late husband's memory. In a profoundly moving act of healing, she focused on one letter full of particularly apt questions, which Richard had given to her on their eighteenth anniversary, and answered these questions with keen insight and fresh passion.

Kris offers her heartfelt response to Richard's moving letter. Both an intimate look inside a special relationship and a gift to the many people whose lives were changed by Richard's work, *An Hour to Live, An Hour to Love* will have readers everywhere wondering how they themselves would answer the question: if you had one hour to live, what would you do, and who would you call? *An Hour to Live, An Hour to Love* is inspiring and uplifting, and shows the importance of treasuring each day as the incredible gift that it is.

Richard Carlson

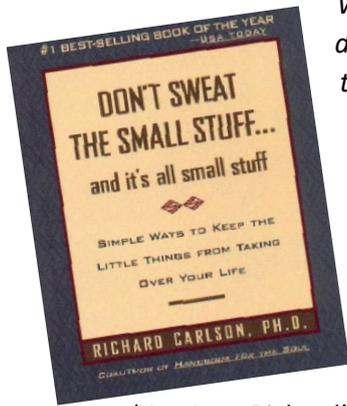
Richard Carlson, Ph.D, was born and raised in the Bay Area, USA. He grew up in Piedmont and received his bachelor's degree from Pepperdine University and his doctorate in psychology from Sierra University before opening a private psychotherapy practice.

During his life, he was considered one of the foremost experts in happiness and stress reduction in the United States and around the world and was a frequent featured guest on such shows as Oprah, The Today Show, The View, NNC, CNN, Fox, PBS, and more than 200 other shows. *Don't Sweat the Small Stuff* continued to be a publishing phenomenon with more than 20 titles in the brand franchise, two of which were co-authored with his beloved wife, Kris.

The words "don't sweat the small stuff" have become a part of American culture thanks to Richard Carlson's book, which became a runaway bestseller and made publishing history as the #1 best-selling book in the United States for two consecutive years. The book spent more than 100 weeks on the New York Times Best-Seller list and is still considered one of the fastest selling books of all time and has sold more than 15 million copies worldwide.

In December 2006, Carlson died of a pulmonary embolism during a flight from San Francisco to New York, while on a promotion tour for his book *Don't Get Scrooged: How to Thrive in a World Full of Obnoxious, Incompetent, Arrogant and Downright Mean-Spirited People*.

<https://www.goodreads.com/>



Writer Kristine Carlson had an idyllic life: a loving marriage and two beautiful daughters. Overcome with shock and grief, now Kristine found herself sweating the big stuff...

My life changed with a phone call. Thinking Richard was calling to let me know his plane had landed, I picked up my mobile expecting to hear his voice at the other end. Instead, a man asked me if I was related to Richard Carlson. 'Who wants to know?' I replied curtly. He was a well-known author and we'd had our share of over-eager fans.

'This is the Jamaica Memorial Hospital in Queens...'

'Yes, I am Richard's wife. Is he all right?' I was already thinking of how I could get to New York as quickly as possible.

'No, we are sorry to inform you that Mr Carlson has expired.'

I felt like I was going to throw up. I had heard about the body's visceral response to news it cannot digest but never experienced it. I began to get really angry, thinking this was a hell of a prank call. I screamed: 'What? Expired? Expired? What kind of a word is expired, anyway?' I was desperate to believe that he was kidding and kept asking, over and over again, 'How do I know this is real?' Then he described what had happened on Richard's flight and I knew. They said he was asleep when he died. A blood clot released from his leg travelled to his lung as the plane began to descend. It had been mercifully quick and painless.....

Suddenly I could see my daughters' faces: Jasmine and Kenna. I knew that the one thing worse than this would be a phone call telling me something had happened to them. Survival impresses itself upon us even when we think we don't want to live. A friend subsequently sent me a bereavement card in which she wrote: 'Think of what you would die for and live for that'.

There is something inherently unfair when death comes unexpectedly. No time to feel the brush of his fingertips on mine, no hushed intimacies or farewells. Richard left and grief moved in. But the great beauty of grief is its clarity. It has a way of thrusting you into the present.

One morning I sat in the kitchen, sipping my coffee in the early pre-dawn. We had sat there in conversation almost every morning of our lives together. Minutes before, I had shuffled in, barely awake, routinely reached for our two favourite mugs and set them side by side on the counter, just as I had done thousands of times. There was a sudden knot in my stomach as reality hit. What was I doing? It is the small things, the rituals of how you live together, that are the most meaningful – drinking coffee, the way your feet curl together in bed at night, passing the toothpaste back and forth and talking while it dribbles down your faces.

We take these small experiences for granted when we think we have a lifetime left together. There had never been a challenge that Richard and I could not tackle together. I had lived a life of affirmation alongside a man who became the foremost 'happiness expert' in the world. Now, as I sat facing this void of loneliness and despair in the quiet of the morning, one empty coffee mug beside my full one, I realised the only way I could live through this greatest challenge of all was by surrendering to grief completely.

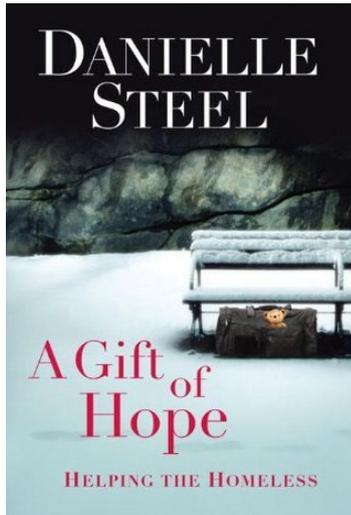
On my better days, I experienced a calm sense of wellbeing. But on all those other days I knew that with every step forward I was leaving Richard behind. His presence was everywhere – his shirts at the bottom of the laundry basket, his shoes in the wardrobe. I called his voicemail just to hear his voice. You don't ever think you will be a widow at 43. I missed his maleness: he had a wonderful way of disarming the emotional drama of life with his grounding presence and peaceful perspective.

I chose the same path Richard would have chosen had our situations been reversed – to gravitate towards joy and seek it out.

<https://www.dailymail.co.uk/>

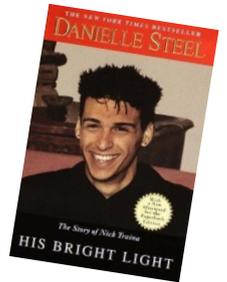
Featured Title

***A Gift of Hope : helping the homeless / Danielle Steel* Non Fiction 2012**



In her powerful memoir, *His Bright Light*, Danielle Steel opened her heart to share the devastating story of the loss of her beloved son. In *A Gift of Hope* she shows us how she transformed that pain into a campaign of service that enriched her life beyond imagination. For eleven years, Danielle Steel took to the streets with a small team to help the homeless of San Francisco. She worked under cover of darkness distributing food, clothing, bedding, tools, and toiletries to the city's most vulnerable citizens. She sought no publicity for her efforts and remained anonymous throughout. Now she has chosen to tell her story to bring attention to their plight. In this unflinchingly honest and deeply moving memoir, the famously private author speaks out about her work among the most desperate members of society. Determined to supply the homeless with the basic necessities to keep them alive, she ends up giving them something far more powerful: a voice.

<https://www.goodreads.com/>



Homelessness in Australia

<https://www.salvationarmy.org.au/>

Homelessness facts: What does it mean to be 'homeless'?

When a person does not have suitable accommodation, they are considered homeless if their current living arrangement:

Is in a dwelling that is inadequate; or

Has no tenure, or if their initial tenure is short and not extendable; or

Does not allow them to have control of, and access to space for social relations.

This may include:

Rough sleeping, for example on park benches, in public toilets, under bridges

Makeshift tents

Sleeping in a car

Staying temporarily with a friend, family member or acquaintance (couch surfing)

Staying at refuges, in boarding houses, or other forms of crisis or transitional housing for the homeless

Overcrowded housing – that is, dwellings that require four or more extra bedrooms to adequately accommodate the residents.

Many people who are experiencing homelessness are sleeping in houses. However, because that house (or dwelling) is likely to be either unsafe, overcrowded, lacking suitable facilities or unreliable, it means a person is experiencing homelessness.

Regardless of where people are sleeping, being homeless means feeling unsafe and disconnected from community or loved ones. It causes or heightens mental health and physical health challenges, and makes getting ahead in life almost impossible.

“My children and I are currently homeless and unable to find housing. We have been couch surfing for a little over a year now. Never been in a situation like this before. I now have severe depression and anxiety and so do both [of] my children. I can't answer or make phone calls. I'm constantly in fight or flight mode...I lost my job and unable to get other work because I'm so unwell. I'm now in debt which I have never been.”

– 42-year-old female respondent to The Red Shield Report 2023: At breaking point. The Salvation Army Australia, Policy, Research and Social Justice Department.

What causes homelessness?

Homelessness is not a choice. It affects people from all demographics and all walks of life. There are risk factors as to why a person could become homeless, however, these are not causes. The risk factors lead to homelessness due to inadequate social or structural support.

Some of the risk factors that may heighten a person's vulnerability to homelessness include:

- Trauma such as family violence or loss of a loved one

- A family breakdown

- Childhood trauma including abuse or neglect

- Experiences of war, violence or persecution

- Mental illness

- Injury, illness or disability

- Alcohol or drug use

- Time spent in out-of-home care or prison

- Job loss

If a person experiences one or more of the above, they are more likely to become homeless because of:

- A lack of affordable housing

- A lack of social (government subsidised) housing

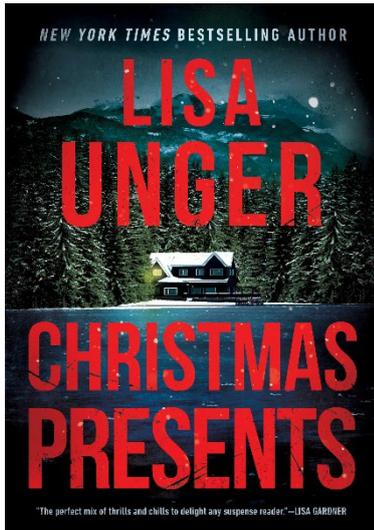
- Income inequality

- Inadequate government support payments to manage rising costs of living

- Unbalanced job market, making it difficult to find work that covers the cost of living.

Featured Title

Christmas Presents / Lisa Unger Fiction 2023



Instead of presents this Christmas, a true crime podcaster is opening up a cold case...

Madeline Martin has built a life for herself as the young owner of a thriving business, The Next Chapter Bookshop, despite her tragic childhood and now needing to care for her infirm father. When Harley Granger, a failed novelist turned true crime podcaster, drifts into her shop in the days before Christmas, he seems intent on digging up events that Madeline would much rather forget. She's the only surviving victim of Evan Handy, the man who was convicted of murdering her best friend Steph, and is suspected in the disappearance of two sisters, also good friends of Madeline's, who have been missing for nearly a decade. It's an investigation that has obsessed her father Sheriff James Martin right up until his stroke took his faculties.

Harley Granger has a gift for seeing things that others miss. He wasn't much of a novelist, but his work as a true crime author and podcaster has earned him fame and wealth—and some serious criticism for his various unethical practices. Still, visiting Little Valley to be closer to his dying father has caused him to look into a case that many people think is closed—and some want reopened. And he has a lot of questions about the night Stephanie Cramer was killed, Ainsley and Sam Wallace disappeared, and Madeline Martin was left for dead, bleeding out on a riverbank.

Since Evan Handy went to jail, three other young women have gone missing, most recently a young college dropout named Lolly. Five young women missing in the same area in a decade. Are they connected? Was Evan Handy innocent after all? Or was there some else there that night? Someone who is still satisfying his dark appetites?

As Christmas approaches and a blizzard bears down, Madeline and her childhood friend Badger return to a past they both hoped was dead—to find the missing Lolly and to answer questions that have haunted them both, discovering that the truth is more terrible and much closer to home than they think.

Coupling a picturesque, cozy setting with a deeply unsettling suspenseful plot, *Christmas Presents* is a chilling seasonal novella that can be enjoyed all year long.



Lisa Unger is the New York Times and internationally bestselling author of twenty novels, including her latest *Secluded Cabin Sleeps Six*. With books published in thirty-three languages and millions of copies sold worldwide, she is regarded as a master of suspense.

Unger's critically acclaimed novels have been featured on "Best Book" lists from the Today Show, Good Morning America, Entertainment Weekly, People, Amazon, Goodreads, L.A. Times, The Boston Globe, Sun Sentinel, Tampa Bay Times and many others. She has been nominated for, or won, numerous awards including the Strand Critics, Audie, Hammett, Macavity, ITW Thriller, and Goodreads Choice. In 2019, she received two Edgar Award nominations, an honour held by only a few authors, including Agatha Christie. Her short fiction has been anthologized in The Best American Mystery and Suspense, and her non-fiction has appeared in The New York Times, Wall Street Journal, NPR, and Travel+Leisure. Lisa is the current co-President of the International Thriller Writers organization. She lives on the west coast of Florida with her family.

Features

Deadline

"Jessica Alba To Star In & EP 'Confessions On the 7:45' Series..."

"I could not put this book down. The moment I read the line, 'If you want to keep a secret you must first hide it from yourself,' I was hooked," Alba said. "This book is about trying to bury secrets and the shame we carry until the truth exposes us."

New York Magazine

"What Actress Sarah Michelle Gellar Can't Live Without"

"I just discovered a new-to-me author, Lisa Unger, and I've been going through her works. I love a good psychological thriller, and I like that her books have an underlying theme and pose a question that she argues both sides of. I always think it's interesting when an author can make me hear a side of something that I totally disagree with, but understand the logic and reasoning behind."

The New School

"100 New School Alumni. Celebrating 100 years of bold, change-making leaders in culture, commerce, and civic life"

Features Lisa Unger, Tom Ford, Donna Karan, Marc Jacobs, Dr. Ruth and more.

Publishers Weekly

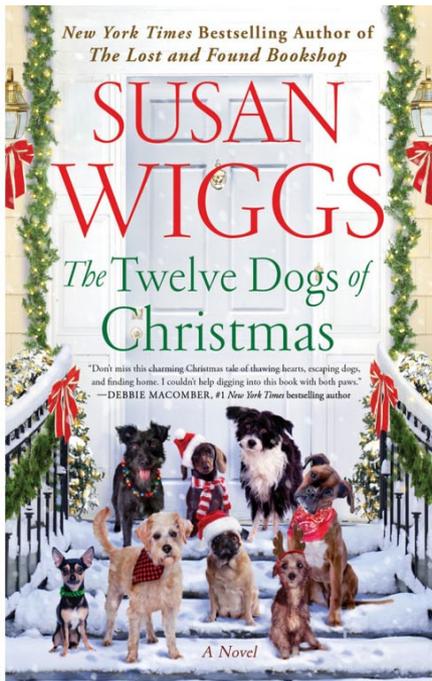
"Exploring the Dark Places with Lisa Unger"

The Strand Magazine

"Unique, inventive, and often experimental, Lisa Unger's writing is impossible to categorize. She combines her extensive knowledge of the human psyche with an understanding of trauma and fear to create novels that have earned her a reputation as one of the most skilled practitioners of the psychological thriller around today."

Featured Title

***The Twelve Dogs of Christmas : A Novel / Susan Wiggs* Fiction 2023**



Brenda Malloy wants nothing to do with Christmas ever again. Last year, Brenda and her husband rushed their beloved dog, Tim, to the emergency vet on Christmas eve. The good news: Tim survived after the vet cleared the obstruction--a pair of women's lace undies. The bad news: the undies were not Brenda's.

A year after the breakup, Brenda has put her life back together. She's trained for a marathon, is writing a children's novel, and she's found purpose and healing as a volunteer with a dog rescue organization in Houston, Texas. The rescue partners with a program in Avalon, New York--a small, snowy town deep in the Catskills. Now Brenda is arranging the transport of rescued dogs from Houston to Avalon—just in time for a merry Christmas with their forever families. Brenda's friends worry about her driving a van two thousand miles with twelve dogs in crates, but she shrugs off their concern. How hard can it be She knows the way, and she's just looking to escape the Christmas overload for a while.

But a blinding snowstorm, an escaped mutt, and a life-saving encounter with Adam Bellamy—a single dad and paramedic—means Brenda has to stay in Avalon longer than she planned. As she drops off each precious pup at their new homes, some of the comfort and joy of the season begins to creep up on Brenda despite her determination to avoid the holidays. Perhaps you can bring Christmas into your heart after all...if you have the right furry friends to guide the way.

About the Author

Susan Wiggs

Susan Wiggs's life is all about family, friends...and fiction. She's been featured in the national media, including NPR's Talk of the Nation, and is a popular speaker locally and nationally.

From the very start, her writings have illuminated the everyday dramas of ordinary people. At the age of eight, she self-published her first novel, entitled "A Book About Some Bad Kids."

Today, she is an international best-selling, award-winning author, with millions of copies of her books in print in numerous countries. Her books celebrate the power of love, the timeless bonds of family, and the fascinating nuances of human nature.

She lives with her husband and family at the water's edge on an island in the Pacific Northwest, where she divides her time between sleeping and waking.

Awards

Romance Writers of America RITA, Contemporary Romance: Mid-length, Lakeside Cottage, July 2006

<https://freshfiction.com/>