



Slavenas sievietes par dzīvi un mīlestību. Beka Andersone

Vis, kas jāzina par dzīvi, mīlestību un attiecībām. Beka Andersone ir izveidojusi unikālu padomu kolekciju, kurā skan gudru, drosmīgu un pasaulē labi pazīstamu sieviešu balsis. Holivudas zvaigznes, uzņēmējas un citas bez aplinkiem izsaka viedokli par dzīvi un visvairāk par sarežģītajiem attiecību līkločiem.

BEKA ANDERSONE ir amerikāņu rakstniece un emuāru autore. Viņa meistarīgi kolekcijā domugraudus un vada pateicības meditācijas grupu Sanfrancisko



Laikā apmaldījušies stāsti. Dzintars Tilaks

“Parastā ikdienā pēkšņi ienāk neparastais – tas, ko neviens nav ne plānojis, ne paredzējis. Tieši neparastais vieno piecus stāstus, kas sastapušies šajā grāmatā. Tos vieno arī spēle ar pagātņi un iespējamo nākotni. Nākotni varu atļauties improvizēt, taču pagātņi... Lūk, iedomājieties, ka pagātnei tāpat kā atmiņām ir varianti. Ir! Un ne jau es pirmais to apgalvoju.

Ja esi gatavs brīvam lidojumam laikā un piedzīvojumos, tad “Laikā apmaldījušies stāsti” varbūt iedrošinās tevi mierīgāk uztvert vienu otru piedzīvotu neparastību,” saka Dzintars Tilaks



Tās ir tikai sakritības. Liena Hačatrjana

Kādā vēla rudens dienā Nīterkalnes muižas saimniece Kristīne nejauši pamana gaismu, kas neizskaidrojami iedegusies viņas īpašumā iekārtotajā atpūtas namiņā. Vai tur kāds ir bijis? Noslēpumainais atgadījums aizsāk traģisku notikumu virkni un liek aizdomāties, vai tie ir savstarpēji saistīti.

Vēlme noskaidrot patiesību aizrauj Kristīni un velk arvien dziļāk kā atvarā. Tiekme saskatīt visur sakarības draud novest pie satricinošiem atklājumiem un uzjundīt kaisli, kurai nevar pretoties



Astotā dzīve. Nino Haratišvili

Gruzija, 1900. gads. Ar šokolādes fabrikanta meitas Stasijas piedzimšanu sākas šī aizraujošā dzimtas sāga, kas aptver sešas paaudzes. Stasija uzaug turīgā ģimenē un apprecas ar jaunu baltgvardu virsnieku Simonu Jaši. Kad pie varas nāk Staļins, Stasija ar abiem bērniem Kitiju un Kostju meklē patvērumu Tbilisi pie savas māsas Kristīnes, kura ir izslavēta ar savu apbrīnojamo skaistumu. Taču, kad Kristīnei sāk pievērst uzmanību čekists Lavrentijs Berija, tam ir liktenīgas sekas... Vācija, 2006. gads. Pēc Berlīnes mūra krišanas un PSRS sabrukuma Gruzijā valda haoss...



Veģetārisms. Jā vai nē?

Nataša Kempbela-Makbraida

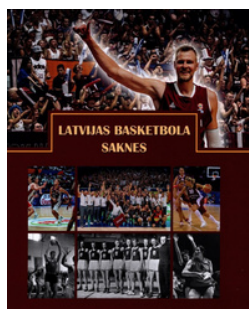
Šajā ar zinātniskajām atsaucēm rūpīgi pamatotajā darbā autore vēl drosmīgāk parāda savas plašās zināšanas uztura jomā. Kamēr mēs, ārsti, tiekam bombardēti ar informāciju par kārtējo jauno diētu, mūsu pacienti ir apjukuši – vai viņiem ievērot augsta olbaltumvielu satura vai ketogēno diētu, dzert tikai sulas, uzturā lietot produktus ar augstu tauku saturu vai taukus no uztura izslēgt pavisam, kļūt par vegāniem vai svaigēdājiem, sekot Ķīnas pētījuma ieteikumiem utt., u. t. jpr. Kam paklausīt?



No vēdera uz sirdi.

Nataša Kempbela-Makbraida

"Grāmata "No vēdera uz sirdi" ir ne tikai labi uzrakstīta un viegli uztverama, bet piedāvā arī praktisku plānu sirds slimību profilaksei un veselības atgūšanai, kas ietver atgriešanos pie tradicionāliem pārtikas produktiem un izvairīšanos no vides piesārņojuma un ikdienā lietotās sadzīves ķīmijas. Grāmatas receptšu sadaļa ir fantastiska! "No vēdera uz sirdi" jāizlasa ikvienam, kuru interesē uzturs un veselība



Latvijas basketbola saknes.

Reinis Lācis, Inita Kresa Katkovska

1935. gadā "Sapņu komanda" aizsāka Latvijas basketbola panākumu un pozitīvo emociju stafeti, ko turpināja Rīgas ASK un TTT, starptautisko Slavas zāļu dalībnieki Skaidrīte Smildziņa-Budovska, Uljana Semjonova un Valdis Valters, kā arī Anete Jēkabsone-Žogota un Kristaps Porziņģis, pirmie olimpiskie čempioni 3x3 basketbola vēsturē. Priecājoties par panākumiem, ir vērts atcerēties, ka mūsu groza bumbas varenība balstās uz plašu sakņu sistēmu, kas izpletusies visā Latvijā



Caur puķēm. Helēna Erte

Ja jums vajadzīga grāmata garastāvokļa uzlabošanai un universālai dāvanai – te tā ir!

Fotoalbuma lappusēs apvienoti divi, iespējams, skaistākie dabas radītie šedevri – kaķi un ziedi



Dear Evan Hansen by Val Emmich

High school senior Evan Hansen has been given the chance of a lifetime: to belong. When the notoriously troubled Connor Murphy took his own life, he did so in possession of a letter Evan had written to himself. Now everyone thinks they were best friends. As he helps Connor's family deal with their grief, it's clear that Evan isn't invisible anymore - even to the girl of his dreams. Every day is suddenly amazing. But Evan is soon pulled deeper into Connor's family's swirl of anger, regret, and confusion. And then everything starts to go wrong



Divine Rivals by Rebecca Ross

Eighteen-year-old Iris dreams that one day her writing will make a difference. A war between gods is raging, and she's landed a prestigious job at the Oath Gazette.

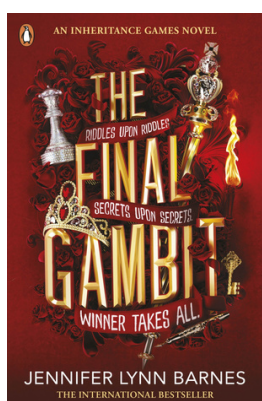
But at home, she's barely holding it together. Her brother is missing on the frontline. Her mother is lost in a haze of addiction. And each night Iris pours her heart out in letters to her brother. Letters that will never be answered. Or so she thinks...



Married at First Swipe by Claire Frost

Hannah lives life on the edge. Never one to pass up on a new adventure, she has truly been living her best life. But once the adrenaline wears off, she wishes she had someone to spend the quieter moments with too. Learning that her best friend's online dating business has taken a hit, she comes up with an idea that just might solve both of their problems...

Jess has been with her husband for twenty years. They have a stable marriage, great kids and run their own businesses. But what looks like a perfect life from the outside has its own problems within



The Final Gambit (The Inheritance Games vol.3) by Jennifer Lynn Barnes

Avery's fortune, life, and loves are on the line in the game that everyone will be talking about. To inherit billions, all Avery has to do is survive a few more weeks in Hawthorne House. The paparazzi are dogging her every step. Financial pressures are building. Danger is a fact of life. And the only thing getting Avery through it all is the Hawthorne brothers. Her life is intertwined with theirs. She knows their secrets, and they know her. But ...



The Brothers Hawthorne (The Inheritance Games 4)) by Jennifer Lynn Barnes

Grayson Hawthorne was raised as the heir apparent to his billionaire grandfather, taught from the cradle to put family first. Now the great Tobias Hawthorne is dead and his family disinherited, but some lessons linger. When Grayson's half-sisters find themselves in trouble, he swoops in to do what he does best: take care of the problem—efficiently, effectively, mercilessly. And without getting bogged down in emotional entanglements. Jameson Hawthorne is a risk-taker, a sensation-seeker, a player of games...



Alice in Borderland, Vol. 1 by Aso Haro

Eighteen-year-old Ryohei Arisu is sick of his life. School sucks, his love life is a joke, and his future feels like impending doom. As he struggles to exist in a world that can't be bothered with him, Ryohei feels like everything would be better if he were anywhere else. When a strange fireworks show transports him and his friends to a parallel world, Ryohei thinks all his wishes have come true. But this new world isn't an empty paradise, it's a vicious game. And the only way to survive is to play...



Reincarnated as a Sword: Another Wish Vol. 1 by Tanaka Yuu , Inoue Hinako

Reincarnated as a sentient weapon with all memories of his past life except for his name, a magical sword saved a young beast girl from a life of slavery. As his wielder, Fran the cat-eared girl only wants to grow stronger, while the sword wants to know why he is here. Follow their new adventures in this spin-off manga series!



The Love Report by BeKa, Maya

BFFs Grace and Lola talk about everything related to romance—and have lots of questions: What about the mysterious allure of the popular girl at school? And the rebellious goth with the reputation? And boys. They don't quite understand what makes some school romances soar to legendary heights, while other flirtations fizzle. Lola has an idea—they'll observe, study, and analyze all the couples at their Junior High—and compile their findings as The Love Report. Surprises await them, and force them to learn to see beyond appearances in this fast-paced series opener. They'll also discover secrets between themselves