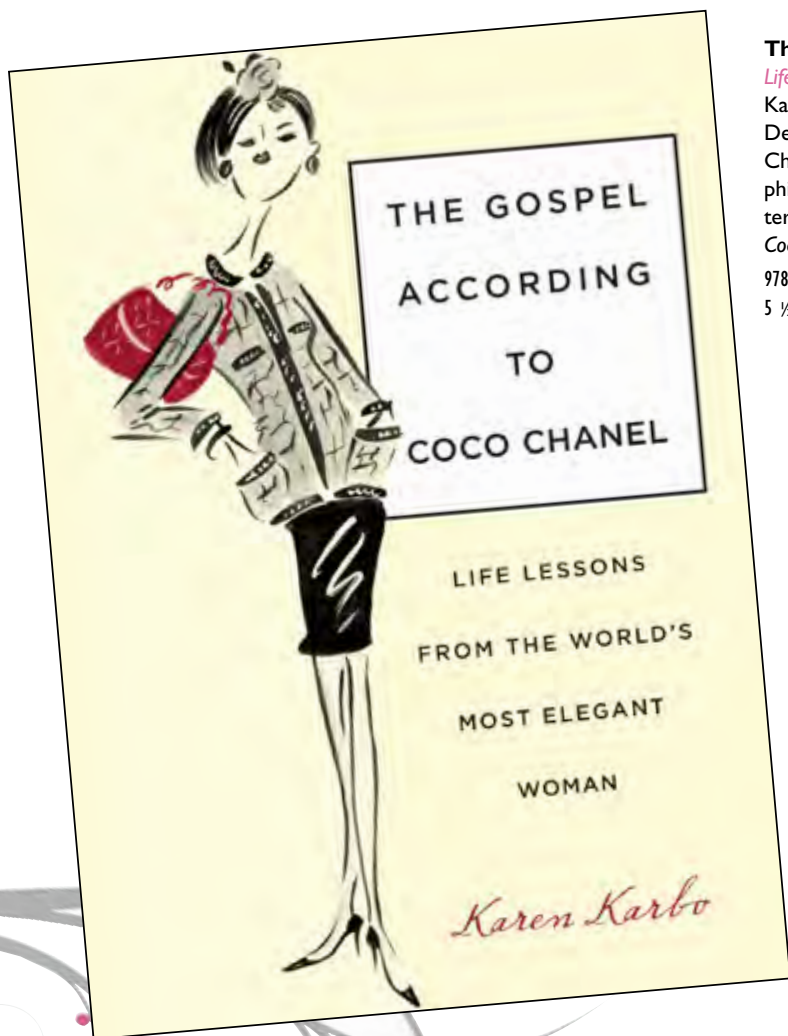


GPP's books for women

Expert advice on health,
relationships, lifestyle
and wellness.



To order call 800-243-0495, fax an order to 800-820-2329,
or email an order to orders@globepequot.com.
Visit us on the web at globepequot.com.



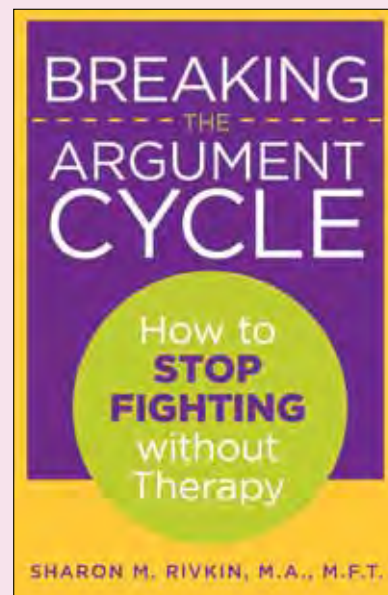
The Gospel According to Coco Chanel

Life Lessons from the World's Most Elegant Woman

Karen Karbo; Illustrated by Chesley McLaren

Delving into the long, extraordinary life of renowned French fashion designer Coco Chanel, Karen Karbo has written a new kind of self-help book, exploring Chanel's philosophy on themes ranging from style to passion, success to living life on your own terms. Warner Brothers is due to release a major motion picture on this subject, *Coco Before Chanel*, in Fall 2009.

978-1-59921-523-5 | September 2009 | 1-59921-523-3 | \$19.95 US/\$24.95 CAN | World | Cloth
5 ½ x 7 ½ | 240 pp | 12/QTY | 12 b&w illustrations | skirt®



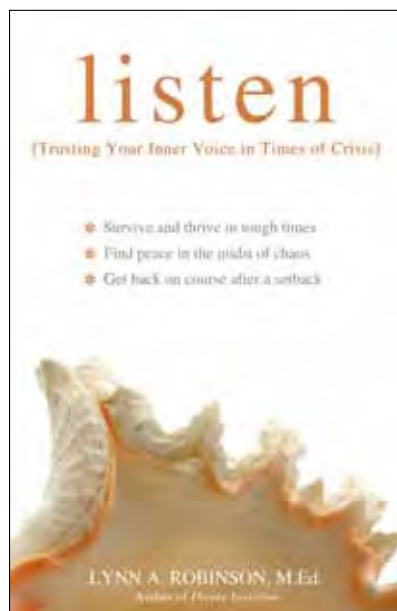
Breaking the Argument Cycle

How to Stop Fighting without Therapy

Sharon M. Rivkin, M.A., M.F.T.

Breaking the Argument Cycle is a book for all those who find themselves arguing with their significant other, again and again, when, at its core, the conflict is about something completely different.

978-0-7627-5458-8 | October 2009 | 0-7627-5458-3 | \$14.95 US/\$18.95 CAN
World | Paper | 5 ½ x 8 ½ | 256 pp | 24/QTY | GPP Life



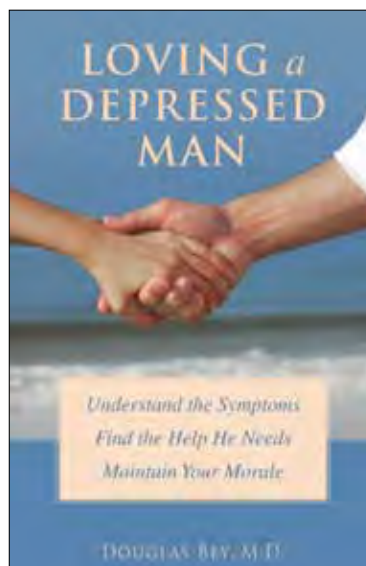
Listen

Trusting Your Inner Voice in times of Crisis

Lynn A. Robinson

Intuition has become widely recognized as a sixth sense that we all have. But just how do we routinely access this remarkable inner guide—especially in times of crisis? *Listen* has the answers, and Lynn Robinson, M.Ed., delivers them with clarity and style.

978-0-7627-5251-5 | December 2009
0-7627-5251-3 | \$16.95 US/\$21.50 CAN
World | Paper | 5 ½ x 8 ½ | 224 pp
24/QTY | GPP Life



Loving a Depressed Man

Understand the Symptoms, Find the Help He Needs, and Maintain Your Morale

Douglas Bey, M.D.

In *Loving a Depressed Man*, Dr. Douglas Bey writes directly to the caregiving wife or girlfriend and sheds light on what a depressed man is going through.

978-0-7627-5072-6 | November 2009
0-7627-5072-3 | \$16.95 US/\$21.50 CAN
World | Paper | 5 ½ x 8 ½ | 320 pp
24/QTY | GPP Life

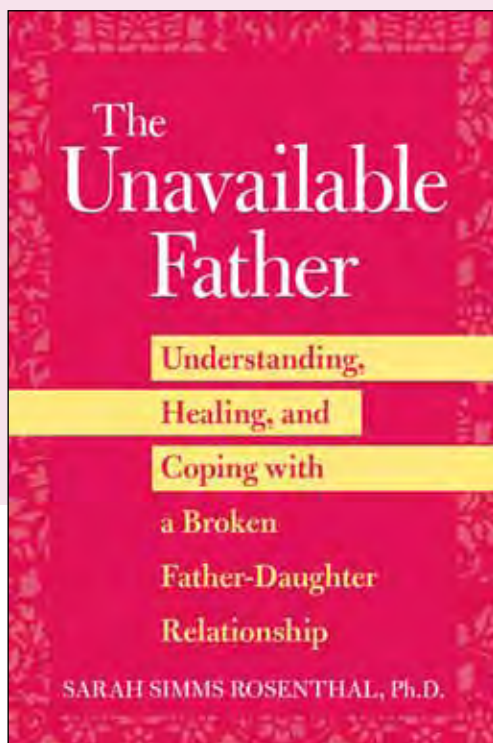
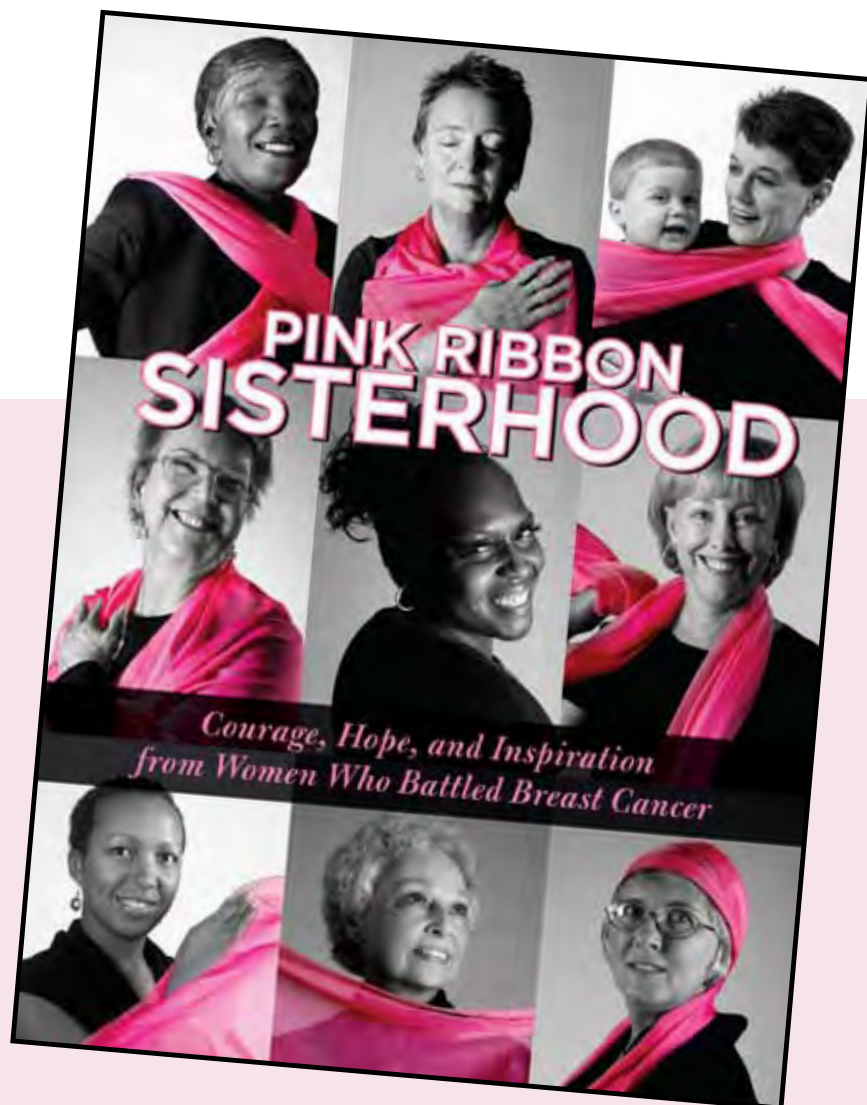
Pink Ribbon Sisterhood

Courage, Hope, and Inspiration from Women Who Battled Breast Cancer

Editors of GPP

Globe Pequot Press is honored to mark Breast Cancer Awareness month with *Pink Ribbon Sisterhood*, an inspiring collection of profiles of breast cancer survivors, culled from the "Think Pink" campaign undertaken by newspapers across America. Through compelling photographs and interviews, we meet more than sixty beautiful, everyday women who have survived cancer.

978-1-59921-820-5 | October 2009
1-59921-820-8 | \$14.95 US/\$18.95 CAN
World | Paper | 5 1/4 x 7 1/8 | 224 pp
12/QTY | Photos throughout; two-color | skirt!®



The Unavailable Father

Understanding, Healing, and Coping with a Broken Father-Daughter Relationship

Sarah Simms Rosenthal, Ph.D.

In *The Unavailable Father* Dr. Sarah Simms Rosenthal outlines five basic strategies to banish the shadow of an unavailable father.

978-0-7627-4984-3 | October 2009 | 0-7627-4984-9
\$16.95 US/\$21.50 CAN | World | Paper | 5 1/2 x 8 1/2
240 pp | 24/QTY | GPP Life

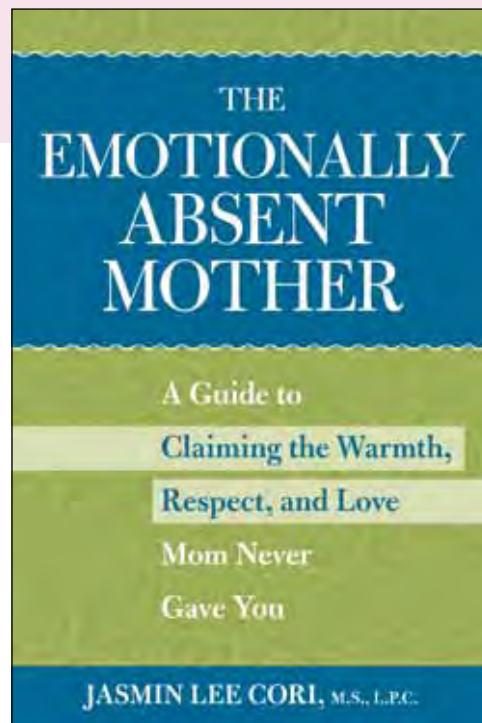
The Emotionally Absent Mother

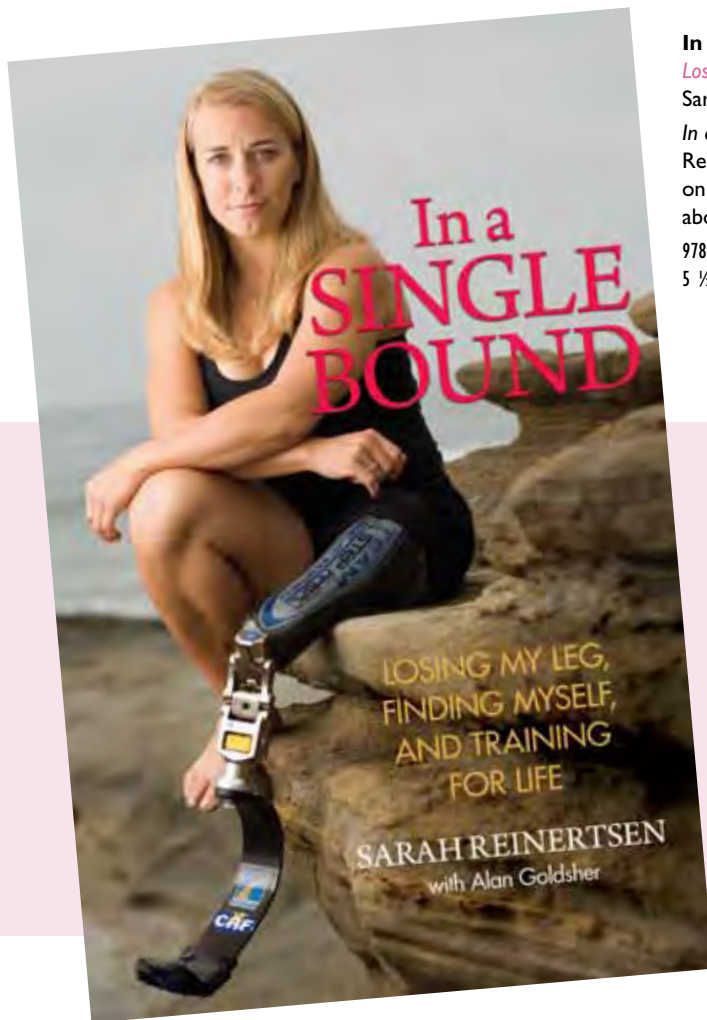
A Guide to Claiming the Warmth, Respect, and Love Mom Never Gave You

Jasmin Lee Cori, M.S., L.P.C.

The Emotionally Absent Mother explains in everyday language how people can make up for the mothering they missed.

978-0-7627-5530-1 | October 2009
0-7627-5530-X | \$16.95 US/\$21.50 CAN
World | Paper | 5 1/2 x 8 1/2 | 256 pp
24/QTY | GPP Life





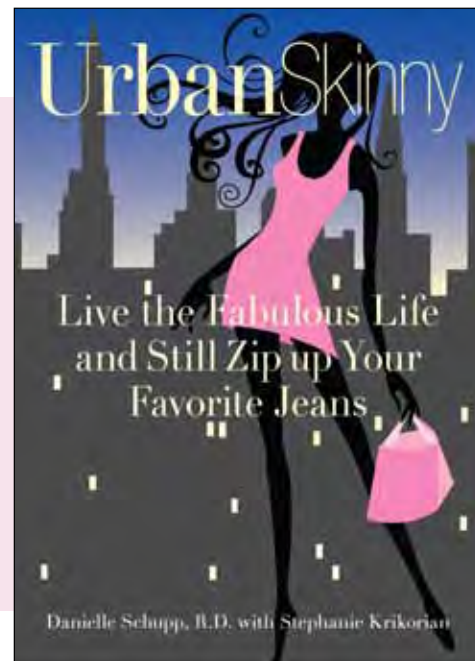
In a Single Bound

Losing My Leg, Finding Myself, and Training for Life

Sarah Reinertsen with Alan Goldsher

In a Single Bound is the story of world-class athlete and tv television personality Sarah Reinertsen, who takes us to the Ironman World Championship and behind-the-scenes on CBS's *The Amazing Race 10*. It's a gripping memoir of inner strength about a woman who dared to fear less and live more.

978-0-7627-5143-3 | September 2009 | 0-7627-5143-6 | \$24.95 US/\$31.95 CAN | World | Cloth
5 ½ x 8 ½ | 256 pp | 12/QTY | 8-page color insert | GPP Life



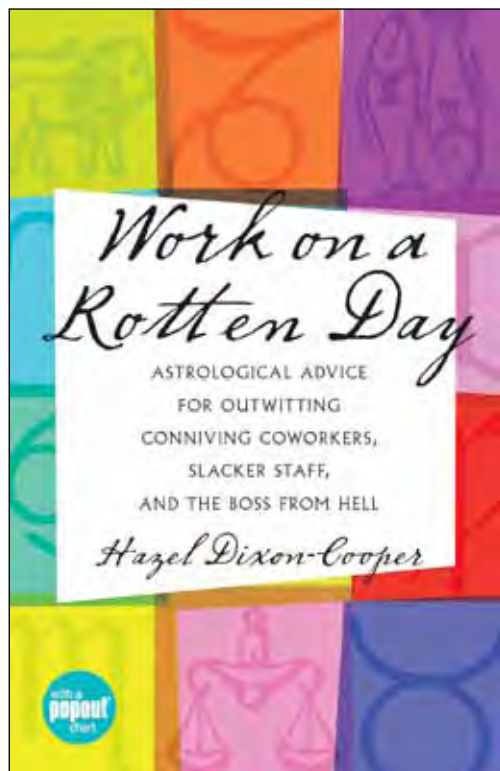
Urban Skinny

Live the Fabulous Life—and Still Zip Up Your Favorite Jeans

Danielle Schupp, RD with Stephanie Krikorian

How can you stick to your diet in a high-voltage city? Many turn to one of America's most sought-after dieticians, Danielle Schupp, who has long counseled her A-list clients into their skinny jeans. Now, with *Urban Skinny*, she puts the same tools into the hands of anyone who lives a life on the go.

978-0-7627-5079-5 | December 2009 | 0-7627-5079-0 | \$14.95 US/\$18.95 CAN | World
Paper | 5 ½ x 7 ½ | 192 pp | 24/QTY | two-color throughout | GPP Life



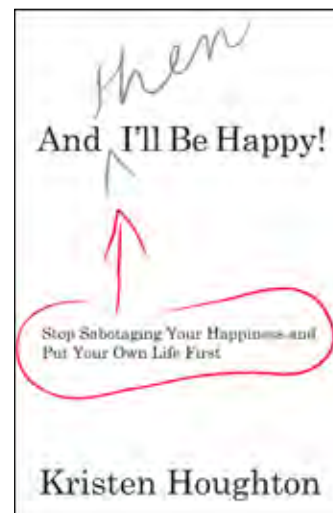
Work on a Rotten Day

Astrological Advice for Outwitting Conniving Coworkers, Slacker Staff, and the Boss from Hell

Hazel Dixon-Cooper

As *Cosmopolitan* magazine's Bedside Astrologer, Hazel Dixon-Cooper delivers authoritative astrological information with unmatched clarity and focus. *Work on a Rotten Day* showcases her hallmark snarky, on-the-money advice as applied to a subject on the minds of millions of recession-hit readers—the workplace.

978-0-7627-5089-4 | December 2009
0-7627-5089-8 | \$19.95 US/\$24.95 CAN
World | Paper | 5 ½ x 8 | 224 pp
24/QTY full-color throughout; 1 PopOut | GPP Life



And THEN I'll Be Happy!

Stop Sabotaging Your Happiness and Put Your Own Life First

Kristen Houghton

In *And Then I'll Be Happy!*, Kristen Houghton debunks the myths about how and when women find happiness. With this book, women everywhere can put their happiness right where it belongs: in the present.

978-0-7627-5433-5 | December 2009
0-7627-5433-8 | \$14.95 US/\$18.95 CAN
World | Paper | 5 ½ x 8 ½ | 256 pp
24/QTY | GPP Life

Party Like a Rock Star

A Celebrity Party Planner's Tips and Tricks for Throwing an Unforgettable Bash

Jes Gordon with Jessica Baumgardner

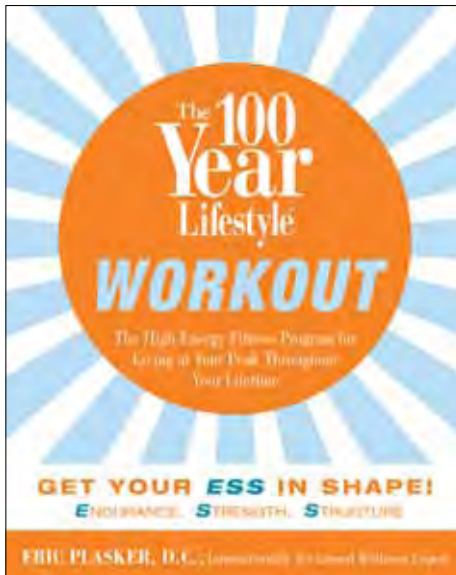
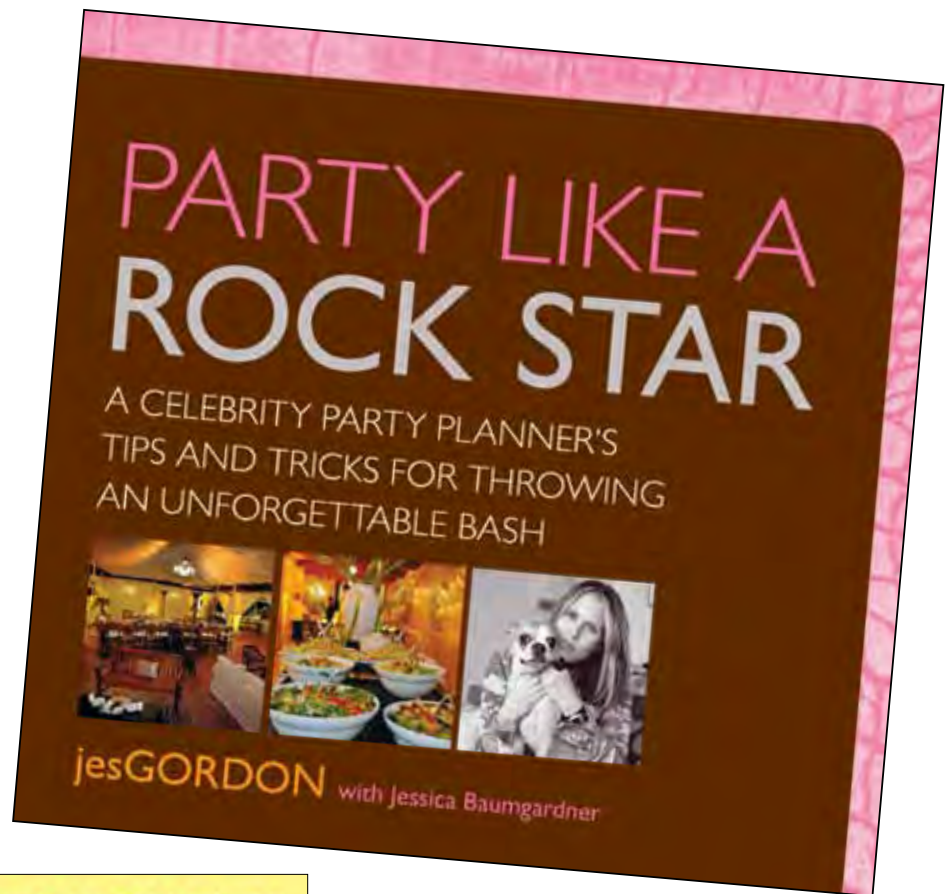
Jes Gordon—a party planner extraordinaire who has helmed events for Madonna, Barbra Streisand, and Jennifer Lopez—presents a fun, comprehensive guide to event planning that reveals her tried-and-true secrets, culled over twenty years in the biz.

978-0-7627-5142-6 | October 2009

0-7627-5142-8 | \$19.95 US/\$24.95 CAN | World

Paper with French Flaps | 8 ½ x 8 | 232 pp | 12/QTY

two-color illustrations and full-color photos throughout
GPP Life



The 100 Year Lifestyle Workout

The High Energy Fitness Program for Living at Your Peak Throughout Your Lifetime

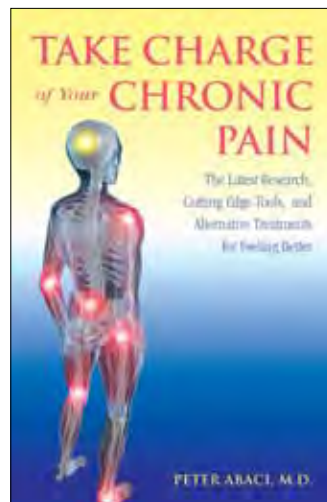
Eric Plasker, D.C., Internationally Acclaimed Wellness Expert

Dr. Eric Plasker's *The 100 Year Lifestyle* has served hundreds of thousands as a hub of reliable advice on realizing a long life. Now he takes the next step by setting forth a comprehensive fitness program for Baby Boomers who are determined to get in shape.

978-0-7627-5273-7 | December 2009 | 1-7627-5273-4 | \$16.95

US/\$21.50 CAN | World | Paper | 7 ½ x 9 ¼ | 256 pp | 12/QTY

100 b&w photos | GPP Life



Take Charge of Your Chronic Pain

The Latest Research, Cutting Edge Tools, and Alternative Treatments for Feeling Better

Peter Abaci, MD

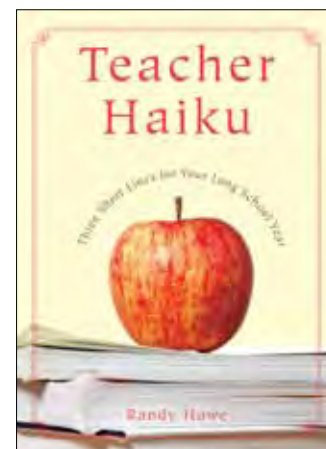
Chronic pain affects some fifty million Americans. With more than twelve years' experience, Dr. Peter Abaci developed innovative treatments and empowers readers by pairing traditional medicine with meditation, tai chi, art therapy, diet, supplements, acupuncture, and yoga.

978-0-7627-5409-0 | December 2009

0-7627-5409-5 | \$16.95 US/\$21.50 CAN

World | Paper | 5 ½ x 8 ½ | 288 pp

24/QTY | 20 b&w photos | GPP Life



Teacher Haiku

Three Short Lines for Your Long School Year

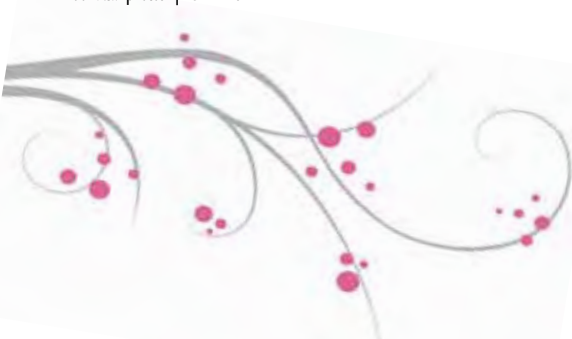
Randy Howe

Whether for making it through a school year's worth of correcting homework and planning lessons, for planting seeds of brilliance in students' minds, these all too often unsung heroes deserve a short, laugh-filled break any time they can get it!

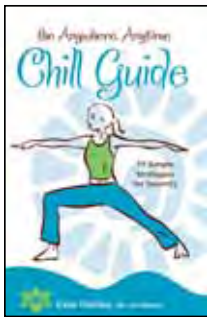
978-0-7627-5279-9 | October 2009 | 0-7627-5279-3

\$14.95 US/\$18.95 CAN World | Paper | 4 ½ x 6 ¼

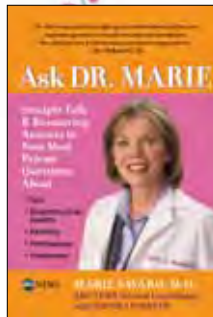
176 pp | 24/QTY | 2-color illustrations throughout
GPP Life



Available Now!



**Anywhere, Anytime
Chill Guide**
\$14.95 US/\$16.95 CAN
978-1-59921-393-4
skirt!®



Ask Dr. Marie
\$24.95 US/\$31.95 CAN
978-0-7627-4944-7
GPP Life



Baby Void
\$19.95 US/\$21.95 CAN
978-1-59921-296-8
skirt!®



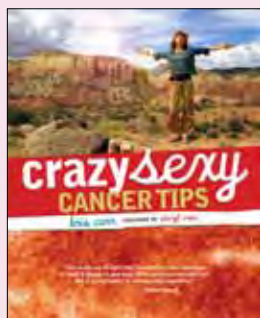
Back on Top
\$14.95 US/\$17.95 CAN
978-1-59921-545-7
GPP Life



Bitchin' Kitchen Cookbook
\$19.95 US and CAN
978-1-59921-441-2
skirt!®



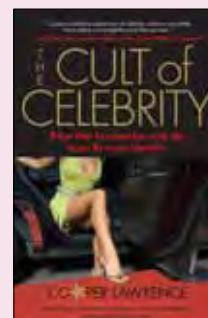
**Crazy Sexy Cancer
Survivor**
\$19.95 US/\$21.95 CAN
978-1-59921-370-5
skirt!®



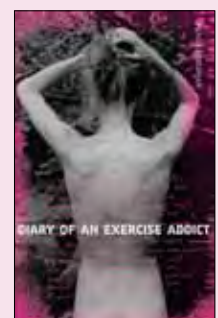
Crazy Sexy Cancer Tips
\$17.95 US/\$22.95 CAN
978-1-59921-231-9
skirt!®



**Create the Space You
Deserve**
\$24.95 US/\$28.95 CAN
978-1-59921-290-6
skirt!®



The Cult of Celebrity
\$14.95 US/\$17.95 CAN
978-1-59921-335-4
skirt!®



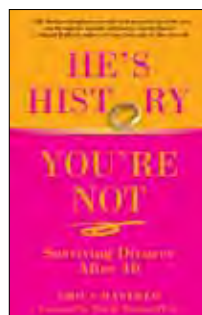
Diary of an Exercise Addict
\$21.95 US/\$23.95 CAN
978-0-7627-4896-9
GPP Life



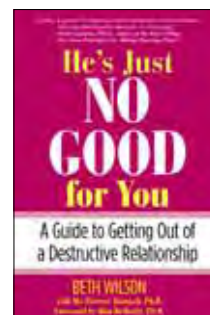
**Field Guide to Happiness
for Women**
\$14.95 US/\$17.95 CAN
978-1-59921-488-7
GPP Life



He Said She Said
\$12.95 US/\$14.95 CAN
978-1-59921-291-3
skirt!®



He's History, You're Not
\$16.95 US/\$19.95 CAN
978-0-7627-5135-8
GPP Life



He's Just No Good for You
\$16.95 US/\$18.95 CAN
978-0-7627-4934-8
GPP Life



Life is a Verb
\$19.95 US/\$21.95 CAN
978-1-59921-295-1
skirt!®



Life Tuneups
\$14.95 US/\$17.95 CAN
978-0-7627-5067-2
GPP Life



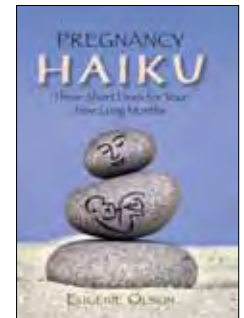
No One's the Bitch
\$16.95 US/\$19.95 CAN
978-0-7627-5093-1
GPP Life



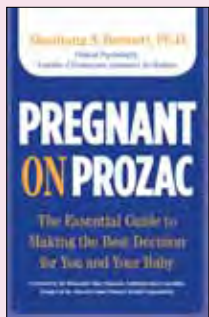
Old Is the New Young
\$16.95 US/\$21.50 CAN
978-0-7627-5011-5
GPP Life



Preggatinis™
\$16.95 US/\$18.95 CAN
978-1-59921-454-2
GPP Life



Pregnancy Haiku
\$16.95 US/\$18.95 CAN
978-0-7627-4975-1
GPP Life



Pregnant on Prozac
\$16.95 US/\$18.95 CAN
978-0-7627-4940-9
GPP Life



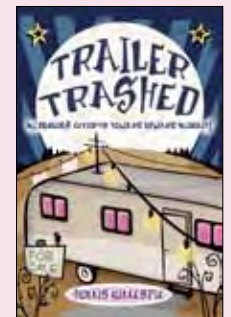
skirt! Rules for the Workplace
\$14.95 US/\$18.95 CAN
978-1-59921-223-4
skirt!®



Smotherhood™
\$14.95 US/\$18.95 CAN
978-1-59921-208-1
skirt!®



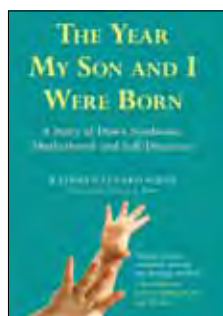
The Stay-at-Home Martyr
\$14.95 US/\$16.95 CAN
978-0-7627-4942-3
GPP Life



Trailer Trashed
\$21.95 US/\$23.95 CAN
978-1-59921-385-9
skirt!®



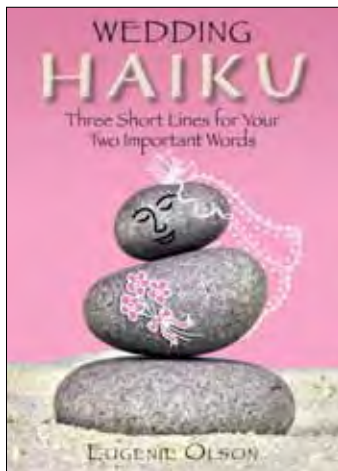
Warning Signs
\$16.95 US/\$18.95 CAN
978-0-7627-4897-6
GPP Life



The Year My Son and I Were Born
\$24.95 US/\$29.95 CAN
978-0-7627-5061-0
GPP Life

Available Now!

GPP's books for weddings



Wedding Haiku

Three Short Lines for Your Two Important Words
Eugénie Olson

Eugénie Olson's hip, humorous words of wisdom offer a bride-to-be the chance to take a little break—and to know she's not alone. This book represents a precious opportunity to forget about that guest list for once, sit down, take a deep breath, and let it out in a laugh courtesy of seventeen well-chosen syllables.

978-0-7627-4947-8 | December 2009
0-7627-4947-4 | \$16.95 US/\$21.50 CAN | World | Cloth
4 ½ x 6 ¼ | 176 pp | 24/QTY | 2-color illustrations
throughout | GPP Life



The Bubbly Bride

Your Ultimate Wedding Cocktail Guide
Natalie Bovis-Nelsen, The Liquid Muse

Photographs by Claire Barrett
Girl meets guy, gets ring, and says, "Yes, I'll marry you." Now begins the intoxicating journey toward THE BIG DAY! In *The Bubbly Bride*, master mixologist Natalie Bovis-Nelsen, provides recipes for 77 snazzy, sensual cocktails sure to get a girl from "I will" to "I do" and beyond...

978-1-59921-467-2 | December 2009 | 1-59921-467-9
\$16.95 US/\$21.50 CAN | World | Flexbind | 5 ¼ x 7 ¼
160 pp | 24/QTY | full-color photos throughout | GPP Life



The Tax-Deductible Wedding

More Wedding and Fun, Less Fret and Debt
Sabrina Rivers

Some 2.4 million weddings occur annually in the United States, with \$29,327 being the average bill. In *The Tax-Deductible Wedding*, Sabrina Rivers provides practical advice for producing a dream wedding the tax-deductible way. Replete with tips, Q&A sessions, and checklists for today's cost-conscious wedding planners, this is one resource no couple can afford to be without.

978-0-7627-5086-3 | December 2009 | 0-7627-5086-3
\$16.95 US/\$21.50 CAN | World | Paper | 7 ½ x 9 ½
| 160 pp | 24/QTY | 20 two-color illustrations | GPP Life



Knack Planning Your Wedding

A Step-by-Step Guide to Creating Your Perfect Day
Blair deLaubenfels, Christy Weber, and Kim Bamberg, Editors of *Junebug Weddings*

Knack Planning Your Wedding shows how to create and find the right tools to get started, keep on budget, and stay organized—and their step-by-step schedule will leave plenty of time left over to relax and rejoice on the big day.

978-1-59921-397-2 | December 2009 | 1-59921-397-4
\$19.95 US/\$24.95 CAN | World | Paper | 8 ½ x 8
256 pp | 16/QTY | 450 full-color photos | Knack



Knack Wedding Flowers

A Complete Illustrated Guide to Ideas for Bouquets, Ceremony Decor, and Reception Centerpieces

Decor, and Reception Centerpieces
Sharon Naylor; principal photography by Rich Penrose

Knack Wedding Flowers provides unparalleled inspiration and authoritative information for brides and wedding planners. Among the many details covered: what's on a floral shopping list, the smarts of in-season flowers, and matching flowers to formality and location.

978-1-59921-515-0 | December 2009 | 1-59921-515-2
\$19.95 US/\$24.95 CAN | World | Paper | 8 ½ x 8
256 pp | 16/QTY | 450 full-color photos | Knack



To order call 800-243-0495,
fax an order to 800-820-2329,
or email an order to
orders@globequot.com.

Visit us on the web at globequot.com.