

Beautiful Scars

Steeltown Secrets, Mohawk Skywalkers and the Road Home

by Tom Wilson

ISBN: 9780385685658

Binding: Hardback

Publisher: Doubleday Canada

Pub. Date: 2017-11-21

Pages: 240

Price: \$29.95

"I'm scared and scarred but I've survived"

Â

Tom Wilson was raised in the rough-and-tumble world of Hamilton--Steeltown-- in the company of World War II vets, factory workers, fall-guy wrestlers and the deeply guarded secrets kept by his parents, Bunny and George. For decades Tom carved out a life for himself in shadows. He built an international music career and became a father, he battled demons and addiction, and he waited, hoping for the lies to cease and the truth to emerge. It would. And when it did, it would sweep up the St. Lawrence River to the Mohawk reserves of Quebec, on to the heights of the Manhattan skyline.

Â Â ÂWith a rare gift for storytelling and an astonishing story to tell, Tom writes with unflinching honesty and extraordinary compassion about his search for the truth. It's a story about scars, about the ones that hurt us, and the ones that make us who we are.

Â

From Beautiful Scars:

Â

Even as a kid my existence as the son of Bunny and George Wilson seemed far-fetched to me. When I went over it in my head, none of it added up. The other kids on East 36th Street in Hamilton used to tell me stories of their mothers being pregnant and their newborn siblings coming home from the hospital. Nobody ever talked about Bunny's and my return from the hospital. In my mind my birth was like the nativity, only with gnarly dogs and dirty snow and a chipped picket fence and old blind people with short tempers and dim lights, ashtrays full of Export Plain cigarette butts and bottles o ...



Out of Old Manitoba Kitchens

by Christine Hanlon

ISBN: 9781772760521

Binding: Hardback

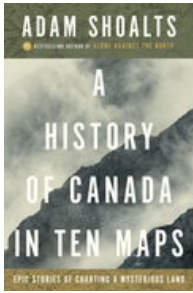
Publisher: MacIntyre Purcell Publishing

Pub. Date: 2017-09-01

Pages: 208

Price: \$24.95

Out of Old Manitoba Kitchens tells the story of the province's early inhabitants through the foods they prepared. Feast on dozens of photographs, more than 80 recipes and countless recollections. Discover how Indigenous pemmican was the perfect recipe for propelling the fur trade, how Scottish bannock became a staple for the First Nations, and why a Manitoba social always ends with kielbasa. Tuck into tales of Franco-Manitoban tourtiÃre, Icelandic vinarterta, and Mennonite rollkuchen. From the campfires of the MÃtis buffalo hunt and the outdoor kitchens of the early settlers, to the bread ovens of the Ukrainian immigrant and the dining halls of the Winnipeg General Strike, Manitobans of all stripes have contributed to a rich culinary heritage. They bring to the table a delectable spread of culturally diverse dishes, adapted to the local landscape and influenced by a determination to survive, and then thrive, on food from the forest, rivers, lakes, and prairie soil. The tastes and aromas of those early kitchens come to life on pages filled with memories, hand-written recipes, and colourful images from bygone days. Savour the stories, pictures, and flavours from Out of Old Manitoba Kitchens.



A History of Canada in Ten Maps Epic Stories of Charting a Mysterious Land by Adam Shoalts

ISBN: 9780670069460
Binding: Hardback
Publisher: Penguin Canada
Pub. Date: 2017-10-10
Pages: 352
Price: \$36.00

Longlisted for the 2018 RBC Taylor Prize

The sweeping, epic story of the mysterious land that came to be called "Canada" like it's never been told before.

Every map tells a story. And every map has a purpose--it invites us to go somewhere we've never been. It's an account of what we know, but also a trace of what we long for.

Ten Maps conjures the world as it appeared to those who were called upon to map it. What would the new world look like to wandering Vikings, who thought they had drifted into a land of mythical creatures, or Samuel de Champlain, who had no idea of the vastness of the landmass just beyond the treeline?

;

Adam Shoalts, one of Canada's foremost explorers, tells the stories behind these centuries old maps, and how they came to shape what became "Canada.";

It's a story that will surprise readers, and reveal the Canada we never knew was hidden. It brings to life the characters and the bloody disputes that forged our history, by showing us what the world looked like before it entered the history books. Com ...



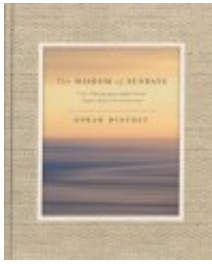
Feeding My Mother Comfort and Laughter in the Kitchen as My Mom Lives with Memory Loss by Jann Arden

ISBN: 9780735273924
Binding: Hardback
Publisher: Knopf Random Vintage Canada
Pub. Date: 2017-11-21
Pages: 224
Price: \$35.00

Based on her hugely popular Facebook posts and Instagram photos, Feeding My Mother is a frank, funny, inspirational and piercingly honest account of the transformation in Jann Arden's life that has turned her into the primary "parent" to her mom, who is in the grip of Alzheimer's.

Jann Arden moved in to a house just across the way from her parents in rural Alberta to be close to them but also so they could be her refuge from the demands of the music business and a performing career. Funny how time works. Since her dad died in 2015, Jann cooks for her mom five or six times a week. Her mom finds comfort in her daughter's kitchen, not just in the delicious food but also just sitting with her as she cooks. And Jann finds some peace in caring for her mom, even as her mom slowly becomes a stranger. "If you told me two years ago that I'd be here," Jann writes, "I wouldn't have believed it. And yet we still fall into so much laughter, feel so much insane gladness and joy. It's such a contrast from one minute to the next and it teaches me constantly: it makes me stronger and more humble and more empathetic and caring and kind.";

The many people who are dealing with a loved one who is losing it will find inspiration and strength in Jann's wholehearted, loving response and her totally Jann take on the upside-down world of a daughter mothering her mother. Feeding My Mother is one heck of an affirmation that life just keeps on keeping on, and a wonderful example of how you have to roll with it.



The Wisdom of Sundays
Life-Changing Insights from Super Soul Conversations
by Oprah Winfrey

ISBN: 9781250138064
Binding: Hardback
Publisher: Flatiron Books
Pub. Date: 2017-10-17
Pages: 240
Price: \$27.29

Now, for the first time, the aha moments of inspiration and soul-expanding insight that have enlightened millions on the three-time Emmy Award-winning Super Soul Sunday are collected in *The Wisdom of Sundays*, a beautiful, cherishable, deeply-affecting book.

Organized into ten chapters--each one representing a powerful step in Oprah's own spiritual journey and introduced with an intimate, personal essay by Oprah herself--the *Wisdom of Sundays* features selections from the most meaningful conversations between Oprah and some of today's most-admired thought-leaders. Visionaries like Tony Robbins, Arianna Huffington, and Shonda Rhimes share their lessons in finding purpose through mindfulness and intention. World renowned authors and teachers like Eckhart Tolle, Thich Nhat Hahn, Marianne Williamson and Wayne Dyer, explain our complex relationship with the ego and the healing powers of love and connection; and award-winning and bestselling writers like Cheryl Strayed, Elizabeth Gilbert, and Elizabeth Lesser explore the beauty of forgiveness and spirituality.

Paired with beautiful photographs, including many from Oprah's private property in California where each episode of Super Soul Sunday is filmed, *The Wisdom of Sundays* promises to be a timeless keepsake that will help readers awaken to life's wondrous possibilities and discover a deeper connection to the natural world around them.