

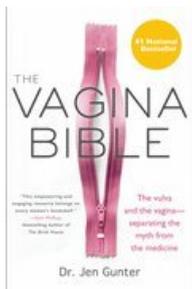


## With You By Bike

One Couple's Life-Changing Journey Around the World  
by Katrina Rosen

ISBN: 9781771603157  
Binding: Paperback  
Publisher: RMB | Rocky Mountain Books  
Pub. Date: 2019-09-03  
Pages: 328  
Price: \$25.00

After many years together Katrina and Mike's marriage has unravelled. In a quest to mend their relationship they embark on a year long, 13,000 kilometre cycling tour with the hope of strengthening their commitment to one another. Katrina is an adventure athlete who craves the wild; her husband, Mike, watches sports with his buddies. Like many couples, after 11 years in a relationship they've grown apart and have become mere acquaintances, as opposed to husband and wife. When they hit rock bottom they realize it's time for a change and they make the dramatic decision to travel the world by bike. The couple ride through barren landscapes, scorching fires, and humid jungles. From backcountry roads in New Zealand, sharing a picnic with a man and his multiple wives in Malaysia, or camping at an orphanage in Cambodia; at every turn, they are touched by locals who feed them stories and laughter. Together they repair 54 flat tires, navigate heat exhaustion in Vietnam, altitude sickness in Tibet, and two robberies before they face the last hard climb to the world's tallest mountain. With You By Bike is honest and raw, describing Katrina's search for forgiveness, acceptance, and change. It's about rediscovering choice from the seat of a bicycle, exploring the world, and finding love by veering off the beaten path.



## The Vagina Bible

The vulva and the vagina--separating the myth from the medicine  
by Jen Gunter

ISBN: 9780735277373  
Binding: Paperback  
Publisher: Knopf Random Vintage Canada  
Pub. Date: 2019-08-20  
Pages: 448  
Price: \$26.95

### #1 NATIONAL BESTSELLER

From Canadian OB/GYN, women's health advocate and New York Times columnist Dr. Jen Gunter: The Vagina Bible is a comprehensive, accessible antidote to the maelstrom of misinformation around female sexual health, and the ultimate guide to everything a person needs to know about the vagina and vulva.

We are well into the twenty-first century and have access to more information than ever before, yet many people don't know that a vagina is self-cleaning, condoms should be used with a lubricant, eating sugar doesn't cause a yeast infection, and sex shouldn't be painful. As a physician with twenty-five years of clinical experience, Dr. Jen Gunter is all too familiar with the fears, fallacies and misinformation that abound about vaginal health. On Twitter, she hilariously exposes unscientific wellness advice and debunks potentially harmful and stunningly unnecessary products from "vagina profiteers." Dr. Gunter knows the questions women (and men) have about female sexual health, and in The Vagina Bible, she answers them all.

For:

the sixteen-year-old trying to figure out tampons;

the twenty-six-year-old wondering how to avoid a UTI;

the thirty-six-year-old trans woman navigating her new anatomy;

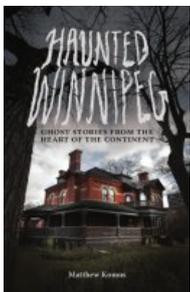
the forty-six-year-old ...



**Wisdom from the Homeless**  
**Lessons a Doctor Learned at a Homeless Shelter**  
 by Neil Craton

ISBN: 9781525531385  
 Binding: Paperback  
 Publisher: FriesenPress  
 Pub. Date: 2018-10-18  
 Pages: 186  
 Price: \$21.99

SOMETIMES THE WORLD SEEMS LIKE A VERY DARK PLACE. In this angry world, I have seen a glimpse of light. I have seen kindness, love and hope at a homeless shelter. Siloam Mission is named after a pool where, in Biblical times, Jesus healed a blind man. In this tradition, the Mission has a medical clinic, and I have had the privilege of working there. The homeless men and women I have met at Siloam have taught me profound lessons about perseverance through suffering, expressing joy in dire circumstances, and the rewards of service to those in need. I want to share those lessons with you. *Wisdom From the Homeless* is inspired by the incredibly difficult lives lived by men and women who attend a homeless mission in Winnipeg. This book is about joy that can be seen in the midst of that difficulty. It is about the powerful role suffering can have in shaping our character and our lives. It is about the overcoming of that suffering and the inspiration that comes from persevering through adversity. This book is about the wisdom that people with nothing can teach all of us in affluent North American culture. Ultimately, this book is about relationship—the type of relationships you can discover when you decide to serve your fellow man.



**Haunted Winnipeg**  
**Ghost Stories from the Heart of the Continent**  
 by Matthew Komus

ISBN: 9781927855058  
 Binding: Paperback  
 Publisher: Great Plains Publications  
 Pub. Date: 2014-10-29  
 Pages: 200  
 Price: \$19.95

Unexplained footsteps at Seven Oaks House. A woman vanishing into thin air at the Hotel Fort Garry. Spirits reaching out from beyond the grave at the Pantages Theatre. Just what is happening in Winnipeg's heritage buildings at night? Early Winnipeg was a booming city full of excitement with no shortage of murders, cheating lovers and tragic accidents; all play a role in Winnipeg's reputation as one of Canada's most haunted places. *Haunted Winnipeg* shares with the reader the city's best-known ghost stories, as well as some lesser-known tales. Hear about the people who may be haunting these historic sites while learning about the buildings' unique and creepy history. Matthew Komus has developed programs and exhibits for many different museums and heritage sites in Manitoba. Topics covered include everything from hockey and haunted buildings (very popular), to modernist architecture and composting toilets (not as popular). Though he has written articles, tours and booklets, this is his first full-length book. He also operates Winnipeg Ghost Walk, the city's first walking tour.



**Haunted Manitoba**  
**Ghost Stories from the Prairies**  
 by Matthew Komus

ISBN: 9781773370286  
 Binding: Paperback  
 Publisher: Great Plains Publications  
 Pub. Date: 2019-09-25  
 Pages: 200  
 Price: \$21.95

Manitoba may seem like a quiet province, but its prairies teem with paranormal activity. A ghostly groundskeeper still does his rounds at the Delta Marsh Field Station; strange noises and apparitions of children in 19th-century clothing have been reported at Lower Fort Garry; and Mrs. Kennedy still welcomes guests to Captain Kennedy's House — just as she did when her home was built in 1866. *Haunted Manitoba* shares eerie stories from all corners of the province and places them in the context of Manitoba's rich history.