

## I Brake for Yard Sales

by Lara Spencer (Non-Fiction)

Co-anchor and former Antiques Roadshow host Lara Spencer has given us a guide to one of her favourite pastimes. Having grown up following her mother to various flea markets and garage sales, Lara has developed a great eye for the perfect find and a great imagination for adapting those finds to what works best for her. She has generously shared her knowledge with us. Included are tips for haggling, advice for navigating flea markets and auctions, and techniques for feeling perfectly comfortable in an art gallery. She even includes her favourite places to shop online. This a terrific, down-to-earth guide filled with pictures, ideas and things to look for at the next garage sale you attend.

Reviewed by Sherry Farago



## The Looneyspoons Collection

by Janet and Greta Podleski (Non-Fiction)

Canadian authors, chef, nutritionist and sisters, Janet and Greta Podleski, are back with their latest and greatest cookbook. This book is packed with good food, good health and good fun. There are 400 pages full of colour photos and over 325 healthy recipes that the whole family will enjoy. The recipes are very easy to follow, they taste fantastic and they're good for your health. Each recipe provides nutritional information, healthy food tips and little bits of trivia, corny jokes and funny recipe titles. Enjoy new recipes like "Stick to Your Ribs" (pork tenderloin "ribs" with a zesty lemon-rosemary sauce), and "Honey, I Shrank My Thighs" (honey-garlic marinated chicken thighs). You'll also find gluten-free recipes, plenty of vegetarian options and recipes suitable for diabetics. The Looneyspoons Collection makes healthy eating fun and delicious for everyone. Bon appétit!

Reviewed by Maria Trinca

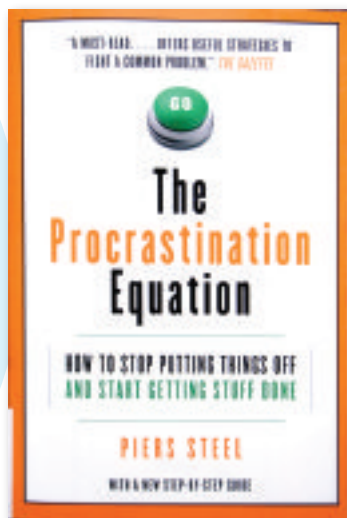


## The Procrastination Equation: How to Stop Putting Things Off and Start Getting Things Done

by Piers Steel (Non-Fiction)

If you have ever struggled with procrastination, this is one book you do not want to put off reading! Procrastinating not only causes stressful, last-minute situations, it can also be damaging to your health, finances and career. This truly interesting book does more than hand out advice, it also puts procrastination into perspective both in terms of how our biology supports this tendency, and how culturally procrastination has become a normal part of daily life. Complete with many stories and examples of others "addicted to delay," this book shows how creating "success spirals," experiencing victory vicariously, imagining wishes being fulfilled, and "planning for the worst while hoping for the best" can help anyone to achieve a newer, brighter and more productive future.

Reviewed by Clare Hanman

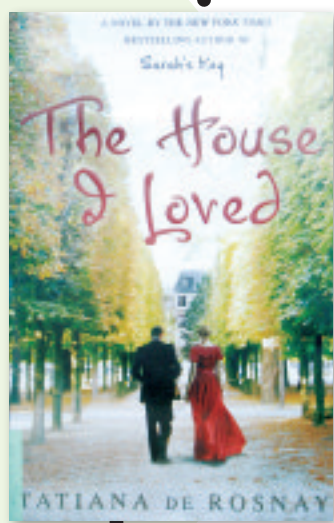


## The House I Loved

by Tatiana De Rosnay (Fiction)

It is 1860 and Paris is under siege. But this time it is not by the invading army of some foreign power. France's own Emperor Napoleon III is modernizing the city and has ordered widespread demolition of many beautiful old homes, including the one belonging to Rose Bazelet's family. While her neighbours flee to new houses, or even flee from Paris altogether, Rose is determined to stay. She moves her household to the basement, and prepares to defend the house, no matter what it takes. While hidden away, Rose starts to reminisce, both through her own thoughts and by writing letters to her late husband. Embarking on a journey of discovery, Rose traces her family's history, recounts the story of her marriage, and starts to come to terms with a secret that has been buried for over 30 years.

Reviewed by Clare Hanman



## Thrifty Gardening From the Ground Up

by Marjorie Harris (Non-Fiction)

Thrifty Gardening From the Ground Up is a small book packed full of great tips to help the reader create a beautiful garden. Whether you are planning a large plot or a tiny balcony, whether you want to plant decorative trees or a vegetable garden or maybe just a few flowers, this is the first book you should read for "down-to-earth" advice. Within the pages you will find ideas for purchasing supplies, mulching, watering, how to choose seeds or plants, and much more! The book is divided into 10 easy-to-follow chapters. It doesn't matter if you are a novice or experienced gardener, there are practical and useful ideas for anyone in your family who has a green thumb.

Reviewed by Christine Otto

