

Bike Racing Velopress

A Pro Method of Riding Faster and Stronger
 Power-Packed Food for Sports and Adventure
 Bicycle Racing in the Age of Anquetil
 A Bicycle Race Unlike Any Other
 Roadie
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 A Dog in a Hat
 Zinn and the Art of Triathlon Bikes
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 Reading the Race
 American Pro
 Bicycling & the Law
 Team 7-Eleven
 The Fastest Bicycle Rider in the World
 Come and Gone
 Bike Racing from Inside the Peloton
 A Guide for Riders, Parents, and Coaches
 Training and Racing with a Power Meter, 2nd Ed.
 The Time-Crunched Cyclist
 Spitting in the Soup
 VeloNews 2019 Tour de France Guide
 Single-track Mind
 The Story of a Colored Boy's Indomitable Courage and Success Against Great Odds; an Autobiography
 The Athlete's Guide to Recovery
 The Misunderstood World of a Bike Racer
 Greg LeMond
 How to Race Strong for the Rest of Your Life
 Images from Cycling's Glory Days

Bike Racing Velopress

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MOODY MATA

[A Pro Method of Riding Faster and Stronger](#) VeloPress

Doping is as old as organized sports. From baseball to horse racing, cycling to track and field, drugs have been used to enhance performance for 150 years. For much of that time, doping to do better was expected. It was doping to throw a game that stirred outrage. Today, though, athletes are vilified for using performance-enhancing drugs. Damned as moral deviants who shred the fair-play fabric, dopers are an affront to the athletes who don't take shortcuts. But this tidy view swindles sports fans. While we may want the world sorted into villains and victims, putting the blame on athletes alone ignores decades of history in which teams, coaches, governments, the media, scientists, sponsors, sports federations, and even spectators have played a role. The truth about doping in sports is messy and shocking because it holds a mirror to our own reluctance to spit in the soup—that is, to tell the truth about the spectacle we crave. In *Spitting in the Soup*, sports journalist Mark Johnson explores how the deals made behind closed doors keep drugs in sports. Johnson unwinds the doping culture from the early days, when pills meant progress, and uncovers the complex relationships that underlie elite sports culture—the essence of which is not to play fair but to push the boundaries of human performance. It's easy to assume that drugs in sports have always been frowned upon, but that's not true. Drugs in sports are old. It's banning drugs in sports that is new. *Spitting in the Soup* offers a bitingly honest, clear-eyed look at why that's so, and what it will take to kick pills out of the locker room once and for all.

Power-Packed Food for Sports and Adventure Bloomsbury Publishing

Head out for adventure on the unpaved back roads of America with Nick Legan's complete guide to gravel grinders and bikepacking! Gravel cycling is a glorious return to the purest roots of two-wheeled adventure. From farm roads and miners' paths to the high passes of the Rockies and the Alps, gravel cycling and bikepacking will set you free to explore, enjoy, persevere, and discover. Escape the traffic and ride unpaved with Nick Legan's GRAVEL CYCLING: The Complete Guide to Gravel Racing and Adventure Bikepacking. In this ground-breaking guide, accomplished gravel cyclist Nick Legan shares everything you need to know to enjoy gravel cycling and bikepacking. Drawing on interviews with top gravel junkies and his own hard-won knowledge from countless backcountry miles, Legan covers all the gear, bike setup, riding tips, course previews, and outfitting strategies you need to enjoy gravel cycling with confidence. He profiles 18 favorite one-day gravel races and 8 epic multi-day bikepacking adventure routes. Legan shares colorful stories of the origins of gravel cycling in North America and its rapid spread to Europe, Asia, and South America. Best of all, this full-color guide is packed with more than 350 gorgeous photographs from beautiful rides that will inspire you to seek out dirt and gravel roads near you. Legan brings his experience as a ProTour bike mechanic to this guide, offering detailed data on bike setup, gear selection, and how to build your own dream gravel bike. He shares crucial ride-saving tips and smart ways to make sure you'll enjoy every moment. Over one-third of the roads in the U.S. are unpaved, which means you can enjoy the roads less travelled at the perfect pace to soak up new vistas and valleys, canyons and creeks—or push the pace over an epic day with fast friends. From gear to racing, route planning to camping—the wild ride of a lifetime awaits you in GRAVEL CYCLING. Gravel grinders Includes complete profiles, tips, and gear set-up for favorite gravel races and events: Almanzo, Barry-Roubaix, Crusher in the Tushar, Deerfield Dirt Road Randonnée, Dirty Kanza, Dirty Reiver, Grasshopper, Gravel Fondo, Gravel Roc, Gravel Worlds, Great Otway, Grinduro, La Gravel66, La Résistance, Land Run, Pirinexus 360, Rebecca's Private Idaho, Trans Iowa. Bikepacking Offers route guides to favorite multi-day bikepacking routes: The Arizona Trail, The Colorado Trail, Denali Highway, Great Allegheny Passage and C&O Towpath, Great Divide Mountain Bike Route, Katy Trail, Oregon Outback, and Trans North California.

VeloPress

Phil Gaimon's Ask a Pro answers every question you've always wanted to ask about pro cycling...sort of. Gaimon gathers the best of his popular Q&A column—and pokes fun at his younger self. Despite the howling protests from his peers, no one's ever been more willing to spill the beans on what it's really like inside the pro cycling peloton than the sarcastic scribe Phil Gaimon. Building on the outrageous success of his hilarious 2014 debut, *Pro Cycling on \$10 a Day: From Fat Kid to Euro Pro*, Gaimon gathers the absolute gems from his monthly Q&A feature column in *VeloNews* magazine into his new book, *Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage*, adding a dose of fresh commentary and even more acerbic and sharp-eyed insights. With six years of material to work with—including his incredible rise into the pro ranks, the devastating loss of his contract for 2015, and his bold return to the Big League—Gaimon covers every possible topic from the team dinner table to the toilet with plenty of stops along the way. Gaimon offers wise-ass (and sometimes earnest) answers to fan questions like: · How much chamois cream should I use? · I've started shaving my legs. How can I be accepted by my friends? · What do you do to protect yourself when you know you're about to crash? · How many bikes does my husband really need? · What's the best victory celebration? Do you practice yours? · In women's cycling, what is the proper definition of a pro? · What do you say to someone if they honk or almost hit you? · Do you name your bikes? · What do pros think when they see a recreational cyclist in a full pro kit or riding a pro-level bike? · Can you take your bike apart and put it back together? · How bad does the weather have to be to call off a training ride? · How do you know when it's time to change a tire? · When you're in a breakaway all day, do riders form a future friendship? · Riders keep complaining about "unsafe" weather at races. When did pro cyclists turn into such wussies? · How do the pros define a "crash"? Gaimon wields his outsider's wit to cast a cock-eyed gaze at the peculiar manners, mores, and traditions that make the medieval sport of cycling so irresistible to watch. *Ask a Pro* includes new resources from Gaimon, too, including his Cookie Map of America, dubious advice on winning the race buffet, a cautionary guide for host housing, Phil's pre-race warm-up routine, and a celebrity baker's recipe for The Phil Cookie.

Bicycle Racing in the Age of Anquetil VeloPress

Coach Joe Friel is the most trusted name in endurance sports coaching, and his *Cyclist's Training Bible* is the most comprehensive and reliable training resource ever written for cyclists. This new edition of the bestselling book includes all of the latest advances in training and technology. Using this book, cyclists can create a comprehensive, self-coached training plan that is both scientifically proven and shaped around their personal goals. Friel empowers athletes with every detail they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics of how to train and what to eat. Friel explains how cyclists can: best gauge intensity with power meters and other new training technology to maximize form and fitness and reduce fatigue; more knowledgeably and accurately make changes to their annual training plan over the course of a season; dramatically build muscular endurance with strength training; improve body composition and recovery with smarter nutrition. With more case studies to draw from and multiple contingency plans for those times when training doesn't progress as planned, *The Cyclist's Training Bible* continues to be the definitive guide to optimal cycling performance.

A Bicycle Race Unlike Any Other VeloPress

In *The Power Meter Handbook*, Joe Friel offers cyclists and triathletes a simple user's guide to using a power meter for big performance gains. In simple language, the most trusted coach in endurance sports makes understanding a power meter easy, no advanced degrees or tech savvy required. Cyclists and triathletes will master the basics to reveal how powerful they are. Focusing on their most important data, they'll discover hidden power, refine their pacing, and find out how many matches they can burn on any given day. Once they understand the fundamentals, Friel will show

how to apply his proven training approach to gain big performance in road races, time trials, triathlons, and century rides. With *The Power Meter Handbook*, riders will: Precisely match their training to their race season Push their limits step by step Track fitness changes—reliably and accurately Peak predictably for key events Vastly improve training efficiency Power meters aren't just for the pros or racers anymore. Now *The Power Meter Handbook* makes it easy for any cyclist or triathlete to find new speed with cycling's most advanced gear.

Roadie Velopress

Written for the experienced road cyclist, this illustrated book shows team riders how to ride in a race, explains the importance of position, and discusses individual and team racing tactics. Each type of road race -- one-days, stage races, criteriums -- is covered, along with the technical riding skills and mental strategies needed to succeed. Also included is information on handling prologues, recovering from a crash or flat tire, resting during a race, and evaluating the competition.

Reading the Race VeloPress

'It never gets easier, you just go faster.' Greg LeMond Being a three-time Tour de France winner is only half of the Greg LeMond story. Equally at home on the cobbles of the spring classics as he was on the mountains of the grand tours LeMond rode a full racing season from spring to autumn. His never-say-die spirit also bagged him two World Championship golds and a hatful of podiums at the world's toughest bike races. LeMond was a talented all-rounder, with a reputation as one of the canniest and taciturn racers of his generation. He was admired by his peers and respected by many of his rivals. But things could have been very different, when in 1987 his story took a tragic turn: While out hunting, he was accidentally shot. He lost so much blood that his life hung in the balance, but his recovery was as miraculous as what happened next, when he came back to the world of bicycle racing. In *LeMond: Yellow Jersey Racer*, which presents LeMond's career year by year, big wins are documented with unique and exclusive photography depicting the racing times of this exceptional bike rider. Many of the protagonists in LeMond's world - rivals, team mates and friends - have been interviewed. They speak candidly about his career, how their lives crossed and his legacy in the sport of cycling. Foreword by Greg LeMond.

Race-Winning Fitness in 6 Hours a Week, 3rd Ed. Velopress

The Athlete's Guide to Recovery is the first comprehensive, practical exploration of the art and science of athletic rest. If you've hit a wall in your training, maybe it's because your body isn't recovering enough from each workout to become stronger. Hard workouts tear down the body, but rest allows the body to repair and come back stronger than before. Athletes who neglect their recovery will gain little from workouts, risking injury, overtraining, and burn out. The Athlete's Guide to Recovery offers a full exploration of rest and recovery for athletes. In her book, certified triathlon and running coach and pioneering yoga for athletes instructor Sage Rountree will guide you to full recovery and improved performance, revealing how to measure your fatigue and recovery, how much rest you need, and how to make the best use of recovery tools. Drawing on her own experience along with interviews with coaches, trainers, and elite athletes, Rountree details daily recovery techniques, demystifying common aids like ice baths, compression apparel, and supplements. She explains in detail how to employ restorative practices such as massage, meditation, and yoga. You will learn which methods work best and when they are most effective. The Athlete's Guide to Recovery explores:

- Periodization and overtraining
- Ways to measure fatigue and recovery including heart rate tests, heart rate variability, EPOC, and apps
- Stress reduction
- Sleep, napping, nutrition, hydration, and supplements
- Cold and heat like icing, ice baths, saunas, steam rooms, whirlpools, and heating pads
- Home remedies including compression wear, creams, and salts
- Technological aids like e-stim, ultrasound, Normatec
- Massage, self-massage, and foam rolling
- Restorative yoga
- Meditation and breathing

Then you can put these tools and techniques to practice using two comprehensive recovery plans for both short- and long-distance training. This invaluable resource will enable you to maintain that hard-to-find balance between rigorous training and rest so that you can feel great and compete at your highest level.

Your Rights as a Cyclist VeloPress

Cycling on Form reveals the pro approach to cycling training. Riding a bike faster takes more than just fitness. It takes skills that you can master to become a faster, stronger rider. In his new guide, former professional bike racer Tom Danielson shows how to transform your cycling from amateur to professional level with the fitness and time you have now. Danielson reveals how the pros go beyond the modern standards of interval workouts, base-building, and recovery to train the whole athlete, mind and body. Danielson shows how to truly ride and train to the fullest through:

- Fitness: Self-tests to identify your riding strengths and weaknesses then focus on custom training to address them.
- Mental focus: The pros know that winning means using your head and your legs. You'll get pro tips on big-picture goal setting and mid-ride concentration strategies to help you stay focused.
- Execution: Cycling is hard and executing a great ride when it matters takes practice. Danielson shares on-the-bike skills, efficient and powerful techniques, strategies to stay in the race, ways to finish with the lead group, and how to excel on a ride you've never done before.
- Nutrition: Pro riders put sports nutrition into daily practice. Danielson distills the facts of diet, food as fuel, and fueling to recover. Too many cyclists train by trying to set new Strava PRs, only to get frustrated by the limited gains. There's a better way. Cycling On Form unlocks a pro method for riding faster and stronger.

How too much exercise can kill you, and what you can do to protect your heart VeloPress

An illustrated guide to mountain-bike racing, technique, and training.

Rocket Fuel VeloPress

Veteran race announcer and long-time cycling enthusiast Jamie Smith sets out to explain the sport he loves and the roadies who live for it in this lighthearted treatise on bike racing. Finally, a book to explain those people who roll out for a ride dressed in technicolored Lycra at the crack of dawn on Saturday, and return at sundown with a glow of satisfaction and even stronger tan lines. Perfect for anyone who has ever known a roadie, considered becoming a roadie, or walked away from a bike race completely puzzled, *Roadie* addresses all of the curiosities that accompany the sport of cycling, from shaved legs to colorful jerseys and unbelievably expensive bicycles, shoes, and components. Every seemingly neurotic tendency is explained and celebrated with humorous illustrations from nationally syndicated cartoonist Jef Mallett (also rumored to log thousands of miles of riding per year). Explaining strategy and races from the famous Tour de France stage race to the local criterium, *Roadie* brings the excitement of bike racing alive for anyone with an appetite for adrenaline. And for the thousands who purchase a shiny new road bike each spring, it's a much-needed primer on the politics of a group ride. Pacelines, drafting, sprinting, climbing, and breakaways are turned into everyday commonsense with colorful anecdotes. Whether interested onlooker or cycling aficionado, readers will find themselves laughing out loud as they revel in the roadie's world.

Single Track Mind: an Illustrated Guide to Mountain Bike Racing, Technique and Training Velopress

With a comb in his pocket, his glamorous blonde wife by his side, and an unyielding will backed by blazing speed, Jacques Anquetil became cycling's leading ambassador as the sport left behind the post-war era of Fausto Coppi to embrace the promise of the freewheeling sixties. Shoulder to Shoulder ushers us into the zenith of Anquetil's career with a fully restored collection of rare and

valuable photographs. With the methodical son of Normandy in the lead, cycling's professional peloton races through Europe's capital cities and up its mountainous pathways, laying a path to a cosmopolitan era of unlimited possibilities. Presenting more than 100 brilliant images—most unseen since their original publication in the magazines and newspapers of the day—Shoulder to Shoulder showcases the rise of a generation of cycling superstars whose gutsy riding and easy style founded the modern era of professional bike racing. Great names in these pages include Rik van Looy, Tom Simpson, Raymond Poulidor, Jan Janssen, Miguel Poblet, Rudi Altig, Federico Bahamontes, Jean Stablinski, Gastone Nencini, Jean Graczyk, and many more. With an appendix of explanatory notes for each photo, a sewn, lay-flat binding, and premium acid-free paper, *Shoulder to Shoulder* will be an enduring addition to every cycling enthusiast's library.

Italian Racing Bicycles Velopress

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter—for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. *Training and Racing with a Power Meter* makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. *Training and Racing with a Power Meter*, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

Yellow Jersey Racer Velopress

Too much exercise can kill you. *The Haywire Heart* is the first book to examine heart conditions in athletes. Intended for anyone who competes in endurance sports like cycling, triathlon, running races of all distances, and cross-country skiing, *The Haywire Heart* presents the evidence that going too hard or too long can damage your heart forever. You'll find what to watch out for, what to do about it, and how to protect your heart so you can enjoy the sports you love for years to come. *The Haywire Heart* shares the developing research into a group of conditions known as "athlete's heart", starting with a wide-ranging look at the warning signs, symptoms, and how to recognize your potential risk. Leading cardiac electrophysiologist and masters athlete Dr. John Mandrola explores the prevention and treatment of heart conditions in athletes like arrhythmia, atrial fibrillation and flutter, tachycardia, hypertrophy, and coronary artery disease. He reviews new research about exercise intensity and duration, recovery, inflammation and calcification, and the ways athletes inflict lasting harm. These heart problems are appearing with alarming frequency among masters athletes who are pushing their bodies harder than ever in the hope that exercise will keep them healthy and strong into their senior years. The book is complete with gripping case studies of elite and age-group athletes from journalist Chris Case—like the scary condition that nearly killed cyclist and coauthor Lennard Zinn—and includes a frank discussion of exercise addiction and the mental habits that prevent athletes from seeking medical help when they need it. Dr. Mandrola explains why many doctors misdiagnose heart conditions in athletes and offers an invaluable guide on how to talk with your doctor about your condition and its proven treatments. He covers known heart irritants, training and rest modifications, effective medicines, and safe supplements that can reduce the likelihood of heart damage from exercise. Heart conditions affect hardcore athletes as well as those who take up sports seeking better health and weight loss. *The Haywire Heart* is a groundbreaking and critically important guide to heart care for athletes. By protecting your heart now and watching for the warning signs, you can avoid crippling heart conditions and continue to exercise and compete for years to come.

An American Bike Racer's Story of Mud, Drugs, Blood, Betrayal, and Beauty in Belgium VeloPress

Plump, grumpy, slumped on the couch, and going nowhere fast at age 16, Phil Gaimon began riding a bicycle with the grand ambition of shedding a few pounds before going off to college. He soon fell into racing and discovered he was a natural, riding his way into a pro contract after just one season despite utter ignorance of a century of cycling etiquette. Now, in his book *Pro Cycling on \$10 a Day*, Phil brings the full powers of his wit to tell his story. Presented here as a guide—and a warning—to aspiring racers who dream of joining the professional racing circus, Phil's adventures in road rash serve as a hilarious and cautionary tale of frustrating team directors and broken promises. Phil's education in the ways of the peloton, his discouraging negotiations for a better contract, his endless miles crisscrossing America in pursuit of race wins, and his conviction that somewhere just around the corner lies the ticket to the big time fuel this tale of hope and ambition from one of cycling's best story-tellers. *Pro Cycling on \$10 a Day* chronicles the racer's daily lot of blood-soaked bandages, sleazy motels, cheap food, and overflowing toilets. But it also celebrates the true beauty of the sport and the worth of the journey, proving in the end that even among the narrow ranks of world-class professional cycling, there will always be room for a hard-working outsider.

How an Unsung Band of American Cyclists Took on the World—and Won VeloPress

American cycling has a long tradition of riding and racing on a shoestring and a prayer. Jamie Smith explores the domestic side of the world's biggest amateur sport in *American Pro: The True Story of Bike Racing in America*. American Pro rips away the thin veneer of professionalism among domestic racing teams to lay bare the heart and soul of a struggling sport. Smith traces the arc of one team's racing career to discover colorful personalities, scrappy racing action, humor and heartbreak. *American Pro* shows what the sport demands: the scramble for contracts, the dynamics of team chemistry, the unending travel, the Herculean struggle to realize the dream—all for the love of bike racing. With sharp humor and insight, Smith uncovers what's wrong—and what's right—with America's broken bike racing system. *American Pro* will transform how you think of domestic pro racing through a five-season exposé of the sport we love.

Pro Cycling on \$10 a Day VeloPress

The only book to specifically equip young bike racers for competitive racing, *Bike Racing for Juniors* highlights the unique needs of young athletes.

The Complete Guide to Gravel Racing and Adventure Bikepacking Velopress

The *VeloNews* Tour de France Guide is your best companion to enjoying the 2019 Tour de France! Offering the deepest preview coverage of the Tour, the *VeloNews* Tour de France Guide will help you enjoy every stage of bike racing action even more. The editors and sports journalists of *VeloNews* draw from nearly 50 years of cycling journalism and Tour de France race coverage to offer the most complete analysis of this year's Tour de France. The 2019 *VeloNews* Tour de France Guide includes:

- Geraint Thomas: *VeloNews* exclusive interview with the 2018 Tour winner.
- Anniversaries of the Tour: *VeloNews* looks back at the races that transcended cycling and brought the sport into the mainstream—1989, 1999, and 2009—with perspectives from the sports journalists who were there: Sam Abt, Rupert Guinness, and Andrew Hood.
- *VeloNews* Television Viewing Guide: Few people

have time to watch all 100 hours of televised Tour de France racing action. Our editors tell you which stages not to miss and which ones you can probably skip. Plus, our guide for viewers who have 20 hours, 10 hours, and just 5 hours of available TV time. · **The Stages and Favorites:** We analyze every stage and provide our expert analysis and opinion on the role each stage will play in the overall race. Look for in-depth info on key stages, climbs, and roads that will decide the race. · **Special Tech for Special Stages:** We take you inside the cutting-edge specialty bicycles, wheels, clothing, gear, and tires to see how tech will affect specific stages. The race runs July 6-28, 2019. Once the racing action begins, your VeloNews Tour de France Guide will become your essential daily guide for all 23 days of the race, from stage profiles to sprints, climbs, descents, and grueling

mountaintop finishes. Want more VeloNews? Get the print edition of the VeloNews Tour de France Guide at half price with a one-year subscription through VeloPress.

A Dog in a Hat Velopress

A legal resource for active cyclists helps provide an understanding of bicycle rights and laws in the event of numerous possible scenarios, from bicycle theft and traffic hazards to road rage and dog attacks, in an accessible guide that also counsels cyclists on how to avoid legal disputes. Original. *Zinn and the Art of Triathlon Bikes* VeloPress

Eddy Merckx is revered as cycling's living deity. He gobbled up a record 525 race wins during his fearsome 14-year professional career. This book celebrates this awe-inspiring man through a new collection of previously unpublished photographs, showing his transformation.

Best Sellers - Books :

- [Jackie: Public, Private, Secret](#) By J. Randy Taraborrelli
- [The Housemaid](#) By Freida McFadden
- [Never Never: A Romantic Suspense Novel Of Love And Fate](#)
- [What To Expect When You're Expecting](#) By Heidi Murkoff
- [Twisted Games \(twisted, 2\)](#)
- [The Subtle Art Of Not Giving A F*ck: A Counterintuitive Approach To Living A Good Life](#) By Mark Manson
- [Adult Children Of Emotionally Immature Parents: How To Heal From Distant, Rejecting, Or Self-involved Parents](#) By Lindsay C. Gibson Psyd
- [Lessons In Chemistry: A Novel](#) By Bonnie Garmus
- [Little Blue Truck's Springtime: An Easter And Springtime Book For Kids](#)
- [The Covenant Of Water \(oprah's Book Club\)](#) By Abraham Verghese