

## And Then My Uterus Fell Out A Memoir On Life With

At age twenty-six, author Michelle L. Whitlock thought she had it all: her health, a promising career, and a budding new romance. Then she learned that she had HPV, and weeks later her worst nightmare became her reality: she was diagnosed with invasive cervical cancer. Adamant to preserve her fertility, she refused a radical hysterectomy and chose a less extreme, fertility-saving procedure. The surgery was a success, but just years later—a week after the love of her life proposed—Michelle discovered her cancer was back. In this memoir, Michelle narrates her journey through and beyond cancer. She took charge of her health care by carefully choosing doctors and her treatment options. In just eight short weeks, she planned a destination wedding, harvested eggs, and with her fiancé, created embryos—their “maybe babies.” She got married and ten days later underwent a radical hysterectomy, followed by chemotherapy and radiation. At twenty-nine, Michelle found herself with a new normal, which included menopause, hot flashes, a shortened vagina, and lack of sexual desire. She opens the door to her most intimate moments, frankly sharing how she worked to regain her sex life and providing other women in this situation a roadmap to do the same. This is one woman's story of falling in love, battling HPV and cervical cancer, facing sexual dysfunction and infertility, and becoming her own best advocate.

Inspirational, educational and honest, *How I Lost My Uterus and Found My Voice* tells the emotional story of love and loss, resilience and survival, empowerment and hope for the future. So if you have a vagina or love someone with a vagina, this book is for you! “Michelle Whitlock takes readers through a journey of loss and love and ends up giving a blueprint on how to make a comeback. *How I Lost My Uterus and Found My Voice* will make you laugh and cry and leave you wanting more. There will be no pages left unturned in this deeply personal memoir. This book isn't just for those who have survived cancer—it's for the masses. *How I Lost My Uterus and Found My Voice* is a thrilling look at life.” —Tamika Felder, founder of Cervivor.org

“IS FAME REALLY WORTH ALL THE TROUBLE?” Aspiring cartoonist Catherine “Cat” Gold earns her living as a celebrity assistant in uptown Manhattan, while navigating the cramped downtown spaces of life, love, and alternative art. Her boss is Rochelle “Rocky” Love, a celebrated 1970s feminist and has-been 80s radio and television star who is convinced she can forge a 90s comeback with an autobiography. But the ghostwriter hired to glorify her life instead reveals a battleground of treachery and hypocrisy, littered with lies and sex that cross all the boundaries. When Cat herself experiences Rocky's duplicity and learns that the icon is a fraud, she is fueled by a sense of disappointment and conspires with the ghostwriter to reveal the unspeakable truth about their narcissistic boss. Praise for international bestseller Katia Liefs novels: “Wonderfully funny and terribly true.” —Fay Weldon “Urban, hip, sad, funny, a tipsy walk on the wild side.” —Malcolm Bosse “Taut, clean storytelling.” —Publishers Weekly “Readers will want to read more of this talented writer's work.” —New York Journal of Books.

This book is for any woman considering a vaginal birth after one or more previous caesareans. What are the risks? What are the advantages? What is the best choice in your particular case? The author, Héléne Vadeboncoeur, takes you through the research and also gives you a glimpse into other women's experiences through the use of first-hand accounts. It was, in fact, the author's experience of two very different births (one a caesarean, the next a VBAC) that inspired her to get a PhD. In her thesis she explored how women experience giving birth in hospital. Héléne wanted to consider questions about birth because this is such an important event in women's lives. For over 10 years since then, she has divided her time between teaching and participating in research projects. (She is currently on the Board of the International MotherBaby Childbirth Organization.) She also regularly gives talks at conferences around the world. This means that you not only get the benefit of advice from a woman who's been through both a caesarean and a VBAC, you also get taken through the most up-to-date research (now updated for the 2nd edition). Serious information is presented in an upbeat, readable style. Comment from a consultant: “As a professional who is concerned about the risk in the caesarean rate I would like to suggest that all women who have anything to do with caesareans read this book. The author has collected research data and precious accounts, which will help women make an informed choice as to how to give birth to their babies.” Feedback from a midwife: “Héléne Vadeboncoeur offers women an important tool to support them if they choose to give birth vaginally after a previous caesarean.” Comment from a reader of the original, French edition: “This book is a response to questions. It will serve to demystify fears and inspire confidence.”

Five years ago, his sister died in a car accident, and Yu An appeared out of thin air, claiming to be the “unmarried brother-in-law”. To deal with Yu An, Jiang Wenshu was a man who didn't have the guts to think about it. He had never dared to hope for such a thing. He never expected that one day he would actually wait for Fu Yuan to personally confess to her. But when the illusion came true, she shrank back.

A woman's world is turned upside down by one night's torrid fling in this Animal Magnetism romance from New York Times bestselling author Jill Shalvis. Veterinary intern Emily can't believe she wound up in the small town of Sunshine, Idaho, instead of the Los Angeles clinic she had always imagined. Now she has to put her plans to move to L.A. on hold for a whole year while she fulfills the obligation of her vet school scholarship. Then Wyatt, her gorgeous one-night stand from a Reno vet conference, introduces himself as her new boss. And Emily is just as drawn to his seductive looks and quiet strength as she was on that very steamy night. She soon learns that Wyatt isn't just a laid-back doctor, but a delicious alpha male tempting her away from her carefully laid-out plans...

In the tradition of *No Country for Old Men*, *Shattered Dreams* is a story about the ties that bind us to the land and each other, about changing times, and about the forces that can tear us apart. When he's called to the scene of a burnt-out trailer in a remote corner of the southwest, Sheriff Virgil Dalton finds a body charred beyond recognition and the telltale signs of a meth lab gone wrong. But he also sees enough evidence to convince him there was foul play, and before long he and his deputies are searching the vast desert landscape to discover who was behind it. When word of another fatality reaches Virgil, he learns of a supposedly accidental death that seems like anything but, and the pattern emerging tells Virgil he's dealing with a killer who will go to great lengths to cover his tracks. With signs pointing to the possible involvement of a local company that is growing by leaps and bounds and changing his beloved landscape faster than he can keep track of, Virgil knows he's headed for a high-stakes confrontation that will force him to put himself and everything he holds dear at risk . . . Praise for *Death at the Black Bull*: “Move over, Walt Longmire. There's a new sheriff in town. Virgil Dalton is the kind of character that comes along maybe once a decade—a classic Western hero and so much more. When you're done with Frank Hayes' stellar debut, *Death at the Black Bull*, you'll smell the sagebrush in the air and have to clean the dust off your boots. An absolute must-read for fans of Craig Johnson and Tony Hillerman.” —Reed Farrel Coleman, Shamus Award-winning author of *The Hollow Girl* “This is one of the most impressive debut crime novels I've ever read. There's such depth and humanity in the characters, such tension in the story itself, and the sense of place is as good as it gets. I know I'll be reading every book in this series!” —Steve Hamilton, Edgar Award-winning author of *Let It Burn* “Virgil Dalton takes no prisoners in Hayes's satisfying debut novel, and fans of Craig Johnson's Walt Longmire will cheer the sheriff's desire to protect his town. With its strong sense of place, this series launch will also keep fans of Western mysteries enthralled.” —Library Journal “Hayes's strong debut introduces a complex and likable lawman . . . readers will want to see a lot more of Virgil and friends.” —Publishers Weekly “Hayes is a skillful storyteller and a deft hand at witty dialogue.” —Booklist

Eluding Scotland Yard and Sherlock Holmes, Anna Kronberg leads an inconspicuous life far from London. Until the day she wakes up to a gun pressed against her temple. With

her father held hostage and no help in sight, Anna finds only one way out — to take her captor for a dance along the razor's edge while delving into Britain's tentative beginnings of espionage and systematic biological warfare.

Rapist. Murderer. Pedophile. Church deacon. These are some of the words that characterize my father. From the age of seven to the age of eighteen, Lucinda Mills lived in fear of her father. The very man who was supposed to love and protect her was the one who robbed her of her innocence, making her the target of his sick perversions as he raped her repeatedly for over a decade. Years later Lucinda was still dealing with the aftermath of incest and abuse, her hatred toward her father and the baggage she carried affecting every aspect of her life—even her relationship with God, her Heavenly Father. In *Let Yesterday Go: Finding Grace in the Midst of the Storm*, she shares her heartrending story of survival, struggle, and ultimately triumph through love and forgiveness. Raw with emotion and honesty, this story is one that victims of all types of abuse can find hope in, discovering that it is possible to *Let Yesterday Go*.

The 2012 One Book Toronto title Shortlisted for the Toronto Book Award A girl faints in the Toronto subway. Her friends are taken to the hospital with unexplained rashes; they complain about a funny smell in the subway. Swarms of police arrive, and then the hazmat team. Panic ripples through the city, and words like poisoning and terrorism become airborne. Soon, people are collapsing all over the city in subways and streetcars and malls. Alex was witness to this first episode. He's a photographer: of injuries and deaths, for his job at the hospital, and of life, in his evening explorations of the city. Alex's sight is failing, and as he rushes to capture his vision of Toronto on film, he encounters an old girlfriend - the one who shattered his heart in the eighties, while she was fighting for abortion rights and social justice and he was battling his body's chemical demons. But now Susie-Paul is in the midst of her own crisis: her schizophrenic brother is missing, and the streets of Toronto are more hostile than ever. Maggie Helwig, author of the critically lauded *Between Mountains*, has fashioned a novel not of bold actions but of small gestures, showing how easy and gentle is the slide into paranoia, and how enormous and terrifying is the slide into love. 'The depth of her understanding ... fills this book with moving scenes and striking perceptions.' --The Globe and Mail (about *Between Mountains*) 'With pitch-perfect prose, Helwig shows huge compassion and an ability to make Toronto come alive.' --NOW 'stellar ... meticulous and poignant realism' --Montreal Gazette

A brutally honest, and at times pee your pants funny, tale about one woman's journey through motherhood with a condition that affects approximately half of all females, pelvic organ prolapse. This moving memoir is one woman's inspirational story about the traumatic birth of her first child and subsequent diagnosis of the chronic condition, pelvic organ prolapse. Wrapped within an engaging account of living with prolapse is an insightful glimpse into what it means to be a mother battling chronic pain, embarrassing side effects, and depression in a society that often idealizes motherhood as a time of bliss and joy, and dismisses this embarrassing, and often debilitating, condition. Inspiration for her healing comes from the most unlikely of places, the heart-wrenching struggles of women in the developing world. A startlingly honest, elegant, and often humorous depiction of life with pelvic organ prolapse, *And Then My Uterus Fell Out*, calls out to all women around the world who suffer in silence with a life-affirming message of dignity, hope, and sisterhood. Keywords: pelvic organ prolapse, running with prolapse, uterine prolapse, bladder prolapse, incontinence, childbirth, birth trauma, special needs parenting, adoption

REVIEWS: This is an honest and detailed account of living with a wearing, relentless condition which pervades every aspect of the lives of millions of women. It will be helpful for anyone who has prolapse, or lives with someone who has prolapse, or professionals who care for people with these conditions. It is rare to get such insight into the impact pelvic organ prolapse has into a patient's life - so, this book will be valuable for many people. Well worth a read. Piper's book is utterly relatable to those of us with POP and an eye opener for those who find themselves wondering "what all the fuss is about." From the dismissal of doctors to the struggle of caring for your brand new baby when you have just been hit by an emotional and physical trick to how each and everyone chooses to deal with this one it arrives - it is all within these pages. I found myself wishing for some magical, happy, all fixed ending for her. I read this book so that I would be able to better understand pelvic organ prolapse. It wasn't until halfway through the book that I discovered that I suffer from prolapse myself and that health problems that I've suffered with for years are as a result of it. I now have a sense of hope about the future of those issues. I didn't realize when I sat down to read this book that it would literally change the course of my life! Piper's highly personal story is heartbreaking and yet told with humour and threaded with hope. I admire her determination and her willingness to share her experience in order to help others. My hope is that many other women will read it and begin a dialogue about this hushed topic. Heart breaking, honest and a worthy read for any woman. A well written informative must read for all women and their partners about a life altering condition that up to now women have suffered in silence-kudos to the author for sharing her story

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