

Wednesday, March 1, 2023, 11:05 PM EST

OCLC Symbol: **P@W**

**Titles Delivered in the File Named:**

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**Title Not Previously Held**

- 1370950323 *The emotional lives of teenagers : raising connected, capable, and compassionate adolescents*
- 1365398995 *Fieldwork : a forager's memoir*
- 1357549936 *The Galveston diet : the doctor-developed, patient-proven plan to burn fat and tame your hormonal symptoms*
- 1369159691 *Hello sleep : the science and art of overcoming insomnia without medications*
- 1349864237 *The island of extraordinary captives : a painter, a poet, an heiress, and a spy in a World War II British internment camp*
- 1361696824 *Life on delay : making peace with a stutter*
- 1370950185 *The origins of you : how breaking family patterns can liberate the way we live and love*
- 1370950321 *Sink : a memoir*
- 1370177969 *Unscripted : the epic battle for a media empire and the Redstone family legacy*
- 1357548518 *"You just need to lose weight" : and 19 other myths about fat people*

**Titles Delivered in the File Named:**  
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**Title Not Previously Held**

- 1351198559 *The 30-day sugar elimination diet : a whole-food detox to conquer cravings and reclaim health, customizable for keto or low-carb*
- 1365399144 *The aftermath : the last days of the baby boom and the future of power in America*
- 1320817346 *Enslaved, indentured, free : five Black women on the Upper Mississippi, 1800-1850*
- 1336408573 *Home detox : make your home a healthier place for everyone who lives there*
- 1159820771 *Runner's world run less, run faster : become a faster, stronger runner with the revolutionary first training program*
- 1355567129 *TINY BUT MIGHTY FARM : cultivating high yields, community, and self-sufficiency from a home farm.*
- 1371216893 *What's for dinner? : fuss-free family food in 30 minutes*