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life of Mary, Queen of
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period. She was

crowned Queen of
Scotland at nine months
of age, and Queen of
France at sixteen years;
at eighteen she ascended
the throne and began
ruling one of the most
fractious courts in
Europe, riven by
religious conflict and

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personal lust for power.

She rode out at the head
of an army in both

victory and defeat; saw

her second husband

assassinated, and

married his murderer.

At twenty-five she

entered captivity at the

hands of her rival queen,

from which only death

would release her. The

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one of unparalleled

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and conflict.

From the labyrinthine plots laid by the Scottish lords to wrest power for themselves, to the efforts made by Elizabeth's ministers to invalidate Mary's legitimate claim to the English throne, John Guy returns to the archives to explode the myths and correct the inaccuracies that

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surround this most
fascinating monarch.
The portrait that
emerges is not of a
political pawn or a
manipulative siren, but
of a shrewd and
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who relished power and,
for a time, managed to
hold together a fatally
unstable country.

Now a major film, this
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is a dramatic
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period. For centuries,
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her as the weak woman
to Elizabeth's rational
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queen, finding her far

more politically shrewd
than previously

believed. Crowned

Queen of Scotland at

nine months old, Queen

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and widowed the

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paints Mary as a

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her advantage. Her life
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Fellow of Clare College,
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This book is a reinterpretation of the life of Mary, Queen of Scots. John Guy returns to the archives to explode the myths and correct the inaccuracies that surround this most fascinating monarch. He also explains a central mystery: why Mary would have consented to

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marry - only three months after the death of her second husband, Lord Darnley - the man who was said to be his killer, the Earl of Bothwell. He also solves, through careful re-examination of the Casket Letters, the secret behind Darnley's spectacular assassination at Kirk o'Field.

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This book is about
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our relationships, and
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she loved. In sharing her

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journey of self-
discovery first through
her blog, then her online
courses, and now in
these pages, she reveals
how grief reshaped her
life and led her to
reconnect with her
creativity, make peace
with her past, and learn
to appreciate herself.
This is a guidebook of
sorts, a collection of
thoughts and theories,

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Life Of
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culminating in a small
creative exercise for the
reader to reflect upon
and apply to her own
life. The author's
signature dreamy
Polaroid images are also
included throughout.
Conway reminds
readers that they are not
alone, that living
mindfully is a process,
and that unraveling is

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undone or losing
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control, but rather
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letting go in the best
possible way. By
untangling the knots that
hold you back,
unearthing the potential
that's always been there
and ditching the labels
and should-haves you
can let yourself be who
you were always meant
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Father Boyle started Homeboy Industries nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs.

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For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this

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trance of unworthiness
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with us is a deep and
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says Tara Brach at the
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book. This suffering
emerges in crippling self-

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judgments and conflicts
in our relationships, in
addictions and

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perfectionism, in

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loneliness and

overwork—all the forces

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