



RECOMMENDED

READS, MOVIES & MORE!



10

Adorable Bedtime Stories for Kids

PLUS OUR LISTS OF

books for a smarter commute, cookbooks to bolster your baking, books about teenage dystopia and SO MUCH MORE!



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10 Adorable Bedtime Stories for Kids



The Pout-pout Fish and the Can't-sleep Blues

by Deborah Diesen

Mr. Fish is struggling to catch a snooze. He turns to his friends for advice, but their suggestions don't work for him. Will he be able to come up with his own routine?

The Nice Dream Truck

by Beth Ferry

Sweet and vibrant, this is a story about the Nice Dream Truck that delivers fantastic dreams at bedtime. Scoop up your favorite dream and snuggle down deep.

Bear Can't Sleep

by Karma Wilson

It's time for winter hibernation, but Bear is wide awake. His friends try various methods, but nothing seems to help. A heartwarming story with delightful illustrations and an unexpected ending.

Sleepy, the Goodnight Buddy

by Drew Daywalt

Roderick hates going to bed and always finds ways to stay up a little bit longer. See what happens when his parents decide to get him a goodnight buddy to help him fall sleep.

Stormy Night

by Salina Yoon

In this soothing bedtime tale, Bear learns how to overcome his fear of a thunderstorm. A great tool to help kids face their fears and develop emotional intelligence.

City Moon

by Rachael Cole

This charming story follows a little boy and his mother as they take a nighttime walk to look for the moon. Kids will be inspired to notice and explore their neighborhood.

Hop Into Bed!

by Nicholas Oldland

What will happen if you don't get a good night's sleep? Enjoy this fun-to-read book about a little frog who loves to hop and is reluctant at bedtime.

Sloth Wasn't Sleepy

by Kate Messner

One night at bedtime, Sloth is anxious and worried about scary animals. This insightful story provides relaxation techniques to help kids calm down and gain a sense of peace.

Peekity Boo What You Can Do!

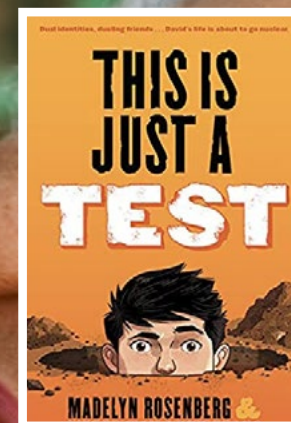
by Heidi Roemer

Written in soft and easy rhymes, this cozy book will walk you through a toddler's bedtime routine before gently falling asleep. An enjoyable read not to be missed.

Sleepy Bird

by Jeremy Tankard

It's bedtime, but Bird still wants to play and refuses to settle down for the night. Will his friends find a way to help him fall asleep?



8 Interesting Kids' Books about Grandparents

Broken Strings

by Eric Walters

Shirli's Zayde (grandfather) has never allowed music in his home, so she is surprised to find an old violin in his attic. As Zayde's painful past is revealed, can Shirli use music to help him heal? A poignant and emotional novel.

Clean Getaway

by Nic Stone

In this thought-provoking yet funny novel, William "Scoob" Lamar learns about race relations in the American South, along with some family secrets, while on a road trip with his grandmother.

Rez Dogs

by Joseph Bruchac

While staying with her grandparents during the COVID-19 pandemic, twelve-year-old Malian befriends a stray dog and learns about her family's history and traditions. A moving novel in verse that addresses tough topics in a gentle manner.

Any Day with You

by Mae Respicio

When Kaia learns her beloved great-grandfather is moving back to the Philippines, she enters a film contest with a movie inspired by Filipino folklore in the hope of convincing him to stay. A heartwarming story about family and embracing change.

Slide

by Norah McClintock

In this suspenseful story, Rennie is thrilled to go on a ski trip with his adventurous grandmother while his dad is out of town, but he gets more excitement than planned when he finds himself caught up in a murder plot.

This Is Just a Test

by Madelyn Rosenberg

In this amusing historical fiction novel, David's anxiety about his upcoming bar mitzvah is complicated by fears of the Cold War heating up, his inability to talk to his crush, and the bickering between his Chinese and Jewish grandmothers.

The Lost Ryū

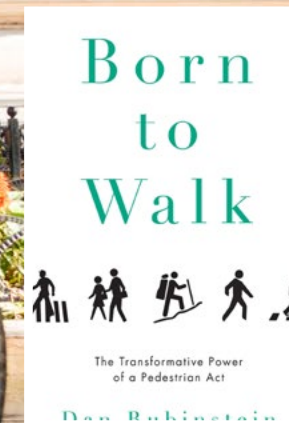
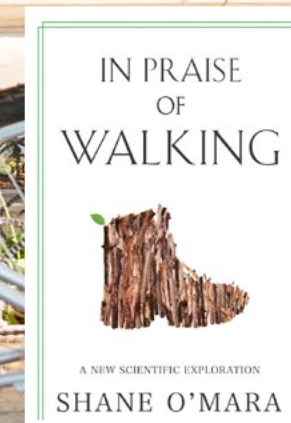
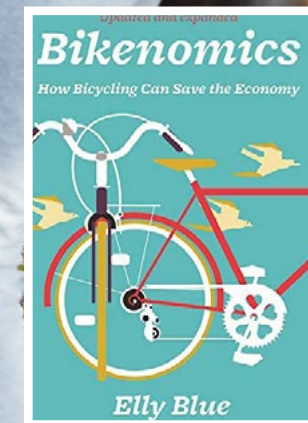
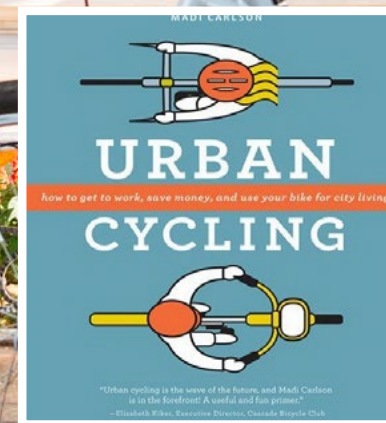
by Emi Watanabe Cohen

In this enchanting fantasy novel, Kohei sets out to find the lost ryū (dragon) in order to make his elderly grandfather happy before it's too late.

The Vegetable Museum

by Michelle Mulder

When Chloe and her dad move to Victoria to take care of her estranged grandfather, she is determined to learn more about him by helping him in the garden. A realistic book about loss, forgiveness, and family.



8 Insightful Adult Books for a Smarter Commute

Straphanger

by Taras Grescoe

Engaging and informative, the book explores various public transportation systems around the world and shows how to save our cities from the automobile.

Carfree Cities

by J. H. Crawford

Is it possible to create a world free of automobiles? Approachable and practical, the book offers ideas for a carfree urban design to improve quality of life and save our ecosystem.

Building the Cycling City

by Melissa Bruntlett and Chris Bruntlett

In this inspiring book, the authors share the Netherlands' success in building cycling infrastructure and show how to integrate the bicycle into everyday life.

Get on your Bike

by Rebecca Charlton, Robert Hicks & Hannah Reynolds

Cycling is an enjoyable way to stay healthy and productive. Find out how to choose the right bike as well as techniques to cycle safely.

Urban Cycling

by Madi Carlson

Full of helpful tips and advice, this is an excellent guide for bicycle commuters to help them learn about bike maintenance, safe riding rules, route planning and more.

Bikenomics

by Elly Blue

The book provides a fresh perspective on how bicycling can significantly reduce transportation costs and boost the economy. It's time to make changes for a better and brighter future.

In Praise of Walking

by Shane M. O'Mara

The car-centric culture may lead to a more sedentary lifestyle. This impactful book highlights the benefits of walking and inspires readers to be more physically active.

Born to Walk

by Dan Rubinstein

Walking is one of the most economical and environmentally-friendly forms of transport. Well-researched and compelling, this book explores the transformative power of pedestrian activity.



10 Cookbooks to Bolster Your Baking

Weeknight Baking

by Michelle Lopez

Want to bake but short on time? Food blogger Michelle Lopez's simple recipes for tasty treats and time-saving techniques will let you have your cake and eat it, too.

Sweet Goodness

by Patricia Green

Featuring over 100 mouthwatering sweets, this cookbook will teach you the basics of gluten-free baking without sacrificing flavour.

Crumb

by Richard Bertinet

Take control of your kitchen with this step-by-step guide to making a wide variety of breads, such as sourdough, flatbreads, and cinnamon buns. Gluten-free options are also provided.

The Joys of Baking

by Samantha Seneviratne

This beautifully written cookbook combines recipes with thoughtful essays about the way baking connects us with our feelings, lifting our moods and providing comfort when we feel low.

Duchess at Home

by Giselle Courteau

With detailed instructions and step-by-step photos, this collection of French-Canadian recipes is perfect for bakers of all levels.

Magical Animal Cakes

by Angela Romeo

This whimsical cookbook will inspire you to top your cakes with cute critters like sloths, llamas, and bunnies.

Everyone Can Bake

by Dominique Ansel

Renowned pastry chef Dominique Ansel presents easy-to-follow recipes that will teach you the basics of baking. Learn to combine go-to bases, fillers, and finishes to create new combinations your family will love.

Skinny Bitch Bakery

by Kim Barnouin

With 80 delicious recipes, this book offers plenty of options for vegan baking.

A New Way to Bake

For bakers in search of healthier alternatives, this cookbook provides simple recipes using ingredients such as plant-based milk, whole-wheat flour, and natural sweeteners.

Blooms and Baking

by Amy Ho

Flowers look beautiful as a garnish, but they can also enhance the flavours of your desserts. Learn how with beginner-friendly recipes accompanied by stunning photos.



10 Visions of Teenage Dystopia

Alone Out Here

by Riley Redgate

Not all dystopias span countries or worlds; sometimes, they form among small groups with nowhere else to go, like a spaceship escaping a dying Earth. Described as Lord of the Flies in space, Alone Out Here presents a bleak sci-fi future.

The Loop

by Ben Oliver

Prison is already dystopian, so a torturous death-row prison for teens set up for the benefit of their world's elites is even more so. But when a chance to escape presents itself, will our protagonist survive the world outside?

Skyhunter

by Marie Lu

A warmongering nation that's nearly conquered the world? Check. Genetically altered soldiers/monsters? Check. Xenophobia even among the resisting country? Check. Yup, it's a sci-fi dystopia alright. Expect fast-paced action with solid world-building.

All These Monsters

by Amy Tintera

Given a choice, would you rather live with an abusive father or fight monsters that will kill you quickly? Clara decides to escape her home and join a monster fighting squad in Europe. This dystopian future has plenty of action and snark.

This is not the Jess Show

by Anna Carey

Can a place that seems normal be a dystopia? It can when it starts coming apart at the seams. Jess's life in Swickley has been strange lately, and she's determined to find out why. Perhaps she should seek out Truman Burbank for some help.

The Words in My Hands

by Asphyxia

Food and fuel shortages make this vision of dystopia feel uncomfortably real. Protagonist Piper grew up in a personal dystopia, though: raised as hearing despite being deaf. A new connection to the deaf community puts her at odds with her mother.

Verify

by Joelle Charbonneau

Dystopia through censorship gets explored in Verify, where the government has gone so far as to erase words from general knowledge. One of these words ends up in Meri's hands after her mother dies, leading her down a dangerous rabbit hole.

War Girls

by Tochi Onyebuchi

Climate change and radiation make this dystopian earth a rather dismal place to live, with only some of humanity escaping into space. Sisters Onyii and Ify dream of a better life, even as they fight for survival in war-torn Nigeria.

Aurora Rising

by Amie Kaufman

Some dystopias aren't immediately apparent. Our misfit heroes in Aurora Rising are part of an interplanetary peacekeeping force that actually seems good at their job. But if a single girl holds the key to an interstellar war...

Caster

by Elise Chapman

Magic makes life better right? Not in Aza's world, where casting magic scars the world around the user, and full casters get hunted down. That doesn't stop Aza from joining an underground tournament to pay off family debts, though.



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