**新 书 推 荐**

**中文书名：《布莱克威尔宫殿：孤注一掷》**

**英文书名：*Blackwell Palace: Risking It All***

**作 者：Ayla Dade**

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**审读资料：电子稿**

**类 型：大众文学**

**内容简介：**

**Katha is running a 1-person business, dedicated to pleasing**

**everyone. From an early age, she has learned to fit it, take care**

**of others, and stay out of trouble. Fixing her parents’ marriage**

**may have failed but she continues her work ardently even after**

**her mother moves Katha and her sister to another city.**

**At school, Katha makes new friends with Sofie and her**

**entourage over shared cigarettes behind the gym and joins**

**them for lazy afternoons at Sofie’s house. Where she meets**

**Angelica. Angelica who is something of a friend and**

**surrogate mother to the girls and who listens to Katha like**

**nobody ever has. In her inimitable way, Angelica encourages**

**Katha to question her role as service provider for the wellbeing of others – and to start taking care of herself. But when**

**Angelica falls ill, Katha’s whole world starts falling apart.**

**This is the story of a young woman in which so many will**

**recognize themselves: those who remain silent for fear of**

**saying the wrong thing, who risk vanishing behind the**

**masks they put on for others.**

**Bestselling author Sina Scherzant’s first novel is equal parts**

**tender and powerful, subtly funny and wonderfully rich in**

**early-2000s details – a millennial coming-of-age story as**

**much as a timeless meditation on how to allow ourselves to**

**be all that we are.The creator of the YouTube channel How to ADHD shares hard-won insights and everyday strategies that help her thrive in this accessible and shame-free guide to working with, understanding, and celebrating the ADHD brain.

Diagnosed with ADHD at age twelve, Jessica McCabe struggled with a brain that she didn’t understand. She constantly lost track of important items and had trouble with relationships. By thirty-two, she had dropped out of college twice, changed jobs fifteen times, and ruined her credit. Determined to understand her challenges, Jessica reached out to experts, read articles, and shared her discoveries on YouTube.

In How to ADHD, Jessica reveals the insights and tools that have changed her life while offering an unflinching look at the realities of living with ADHD. The key to navigating a world not built for the neurodivergent brain isn’t to fix or fight against its natural tendencies but to understand and embrace them. She explains how ADHD affects everyday life, covering executive function impairments, rejection sensitivity, difficulties with attention regulation, and more. You’ll learn to identify the invisible obstacles that those with ADHD face and find tried-and-true strategies for adapting your environment, routines, and systems to work with the ADHD brain, including:

• Boost the signal and decrease the noise. Facilitate focus by putting your goals where you can see them and fighting distractions with distractions.
• Have less stuff to manage. Learn why you have trouble planning and prioritizing, and why doing more starts with doing less.
• Build your “time wisdom.” Work backward when you plan and track how long it actually takes for you to complete a task.
• Learn about your emotions. Understand how naming your emotions, letting yourself experience them, and appreciating the guidance they provide will make them easier to regulate.

With quotes from Jessica’s online community, chapter summaries, and reading shortcuts designed for the neurodivergent reader, How to ADHD will help you recognize your challenges, tackle “bad brain days,” and be kinder to yourself in the process.**

**SEE LESS**

**冬日仙境中的诱惑与阴谋：在圣莫里茨白雪皑皑的豪华酒店中，一位年轻女子试图从两位英俊的酒店继承人口中套出不可告人的秘密......**

当宝拉（Paola）仰望着宏伟的布莱克威尔宫（Blackwell Palace）的外墙，以及白雪覆盖的塔楼和陡峭的屋顶时，她几乎不敢相信自己将在这里生活和工作。这家位于圣莫里茨的豪华酒店和它的主人——布莱克威尔酒店王朝的继承人查尔斯（Charles）和爱德华（Edward）——一样闻名遐迩。当宝拉见到他们时，她立刻被深深吸引住了：这对有权有势的兄弟英俊得令人发指，但是，他们同时也被一种神秘的悲伤情绪所困扰，使他们变得难以捉摸。尽管有种种预警，宝拉还是想接近他们，无论有什么风险。事实上，她别无选择：她已经许下一个秘密诺言，并受到一个焦急的愿望所驱使。宝拉很清楚查尔斯和爱德华有能力毁掉她——但如果她出对了牌，她也能轻易毁掉他们......

**作者简介：**

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**艾拉·戴德（Ayla Dade）**出生于1994年，与家人生活在德国北部。她学习法律，但一有空闲时间就写作。她是一位很受欢迎的图书博主，在她的小说中充满了跌宕起伏的情感和富有魔力的景色。她的“冬梦 ”系列的前两本书《我们像雪一样飘落》（Like Snow We Fall）和《我们像火一样燃烧》（Like Fire We Burn）为她赢得了大批粉丝，并迅速成为畅销书。

**感谢您的阅读！**

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