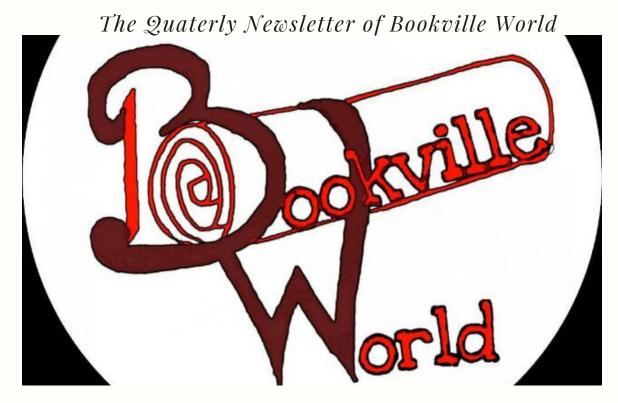
JULY 2021 VOL. 1

# EVERYONE IS A READER



Everyone is a reader, some haven't found what interests them.

Every issue of the newsletter is a learning tool in the hand of the reader.



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**BOOKVILLEWORLDPH** 



IN THIS ISSUE

FROM THE PUBLISHER

**BOOKVILLE WORLD CSR ACTIVITY** 

**BOOKVILLE TEAM PICKS** 

**UPCOMING EVENTS** 

### FROM THE PUBLISHER

In keeping with our mission to get more people to take on reading as a lifelong activity as well as encourage everyone, especially the shy ones, to explore their latent literary potential, this issue explores a varied range of topics.

Our contributors share their perspectives on the benefits of knitting as a means of managing stress; parents' role in propagating gender imbalance; the importance of a skincare routine to sustain youthful looks; reflections on how the age of abundance is helping us live longer; and the benefits of public speaking for children. We also have poems in which the poet reflects on motherhood and sibling rivalry.

Also featured in this issue we let you know a little bit more about Bookville World beyond the bookstore.

Our usual serving of staff picks across various genres and our upcoming events are also featured.

We are open to comments and feedback on the articles featured. Feel free to reach us via our contact channels.

Enjoy.

Nkem Asoka Publisher

### **Contents**

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- Motherhood and Sibling Rivalry (Poems)
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- Bookville Team picks
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#### JULY 2021, VOLUME 1

# EVERYONE IS A READER

### About Bookville World

**BOOKVILLE WORLD - A bookstore or a Literary Company?** 

Bookville World is a general bookstore located in Port Harcourt, Nigeria. We cater to clients with varied reading interests across different genres. We stock titles in Fiction, History/Biography, Politics/Current Affairs, Business/Finance/Economics/Entrepreneurship, Teens, Young Adults, Children, Motivational/Inspirational, Nigerian /African Writing, General Interest

By providing access to books through our physical and online store, we are on a mission to get everyone - regardless of social class or income level - reading, and learning.

Through our other activities spanning an Annual Reading Competition, Book fair, Our Young Readers and Adult Book clubs, author meet-and-greet events, we explore our passion for reading, learning and developing the mind. Our platform is open and available for anyone to showcase their talent.

Beyond the bookstore, we also offer editorial and library services.

To answer the question at the beginning of this Intro, we see ourselves as a learning organisation passionate about books and all things related to reading and learning.

July 2021

### STITCH OUT STRESS

By Okeyele Elizabeth. CYC, Certified Knitting Teacher. LAGOS, NIGERIA



Since the mid-1990s, the Craft Yarn Council (CYC) has surveyed hundreds of thousands of knitters and crocheters about why they enjoy these crafts. Consistently over time, stress relief ranks at the top, along with creative fulfillment. In 2020, 85% of makers experience reduced stress as a result of knitting or crocheting, that's serotonin! Serotonin is the key hormone that stabilizes our mood, feelings of well-being and happiness. This hormone impacts your entire body. It enables brain cells and other parts of the nervous system to communicate with each other. This hormone also helps with sleeping, eating and digestion.

Repetitive hand movements - stitch after stitch, row after row, fold after fold - lead to more serotonin and dopamine (hello happier, sunnier thoughts). But we know that making is much more than just chemistry. Crafting helps us connect with ourselves, to find family and friendship in a wonderful community of makers just like us. Crafting helps us feel more connected in a busy world that keeps on spinning.

#### Why knitting?

Knitting, one of the oldest handicraft has been described by Waldorf schools as the best thing to steady children's nerves,

Famous for its relaxing, meditative qualities, here is what happens when you set to knit:

Needles are held in both hands, with each hand assigned its separate activity, laterality is immediately established, as well as the eye control over the hand. Only a steady controlled hand can accomplish such a feat, so the power of concentration is awakened. Once a knitter has mastered the movements, the process is rhythmic and repetitive. Knitting's repetitive movements theoretically can elicit the famous relaxation response, which is the body's counter-balance to stress, a state in which the heart rate and blood pressure fall, breathing slows and levels of stress hormones drop.

Knitting also involves following and recognizing patterns, learning new stitches and using both hands and math, lending it the capacity to improve fine motor skills while also keeping the mind active and engaged. The social aspect of knitting also plays a role in knitting's positive mental benefits. For people who like to knit in groups, knitting provides a social outlet; a critical element in maintaining mental health. And it allows for self-expression, charity and that sense of feeling productive.



As a knitting teacher, I am reminded of these benefits each day. When I sit with my young knitters, each of them is eager to tell me what's on their mind and show me some beautiful works made by them.



I feel peaceful, soothed and calm, fully present in the moment, enjoying the craft I am teaching, knowing these skills will last a lifetime with my young knitters as we all connect while creating amazing works of art together.

Like we say in our knitting classes, "Mistakes are proof that we are trying", Let the little mistakes go; and "If you can think it, you can knit it".

#### **Knitting better lives**

Knitting is being used all over the world to help people knit themselves into better places. Yarn Alive is a knitting group in Shichigahama, Japan that has knit together since the earthquake and tsunami in 2011. The members all lost their homes to the disaster. Knitting Behind Bars teaches prisoners to knit in the Pre-Release Unit in Jessup, Maryland. The inmates knit for charity. Project Knitwell provides knitting lessons to people undergoing stressful situations. Volunteers currently teach in hospital settings in the Washington, D.C. area. Wounded Warrior Knitting Wednesdays on Ravelry.com gives knitting lessons to family members, wounded warriors and staff in the lobby of the Walter Reed National Military Medical Center. Knitamorphosis Karen Zila Hayes, a Toronto life coach, offers knitting therapy programs as part of her practice in Toronto, Ontario, including Knit to Quit (a smoking cessation intervention), Knit to Heal (for individuals and families dealing with health crises) and corporate wellness for stressed-out workers.

In Nigeria, tunnizze creation have partnered with warm up America to donate tiny knitted hats to pre-term babies across Nigeria and 7by9" sections to be sewn into blankets for those in need.

#### **Bibliography**

- 1. www.lovecrafts.com/en-gb/c/article/the-advocates-of-mindfulnessStitch out stress with craft yarn council
- 2. https://www.craftyarncouncil.com/health-therapeutic
- 3. "Knitting and Intellectual Development. Eugene Schwartz
- 4. The creative family, Amanda Blake Soule.

Photo credit @tunnizze creation.

### GENDER IMBALANCE AND PARENTAL CULPABILITY

Parents and guardians unwittingly perpetuate gender imbalance by words used at home. You often hear parents say to their daughter: 'you know you are a girl; you must be in the kitchen and learn how to cook.'

Cooking is a skill that everyone should have. It should not be defined by gender. Let's even assume that a boy will eventually get married to a wife who will 'cook all his meals'. What happens in his bachelor years before marriage, won't he eat? We know one can now place orders online for food to be delivered to one's doorsteps but there comes a time when you want to prepare a quick meal. Dear boys, don't let your mother or father talk you out of learning how to cook. Remind them that international chefs of the male gender have made giant steps in the culinary profession.

Some parents assign house chores according to their perceived suitability of the tasks to the male or female child. The boy washes cars, learns to change dead electric bulbs, switches on the generator in the event of power failure, irons clothes (washed by his sister), and so on. On the other hand, the girl cooks, sweeps the house and does the dishes.

Besides house chores, this thought pattern is extended to how children should comport themselves, based on their gender. Often a mother will chide her daughter to 'sit properly' because she is a girl. Excuse me! Both boys and girls should sit with decorum. The boy child should not throw his legs around tables and chairs in the house and get exonerated because he is a boy.

When resources are limited for tertiary education or an opportunity comes to study abroad, preference is given to the son even when the daughter is the older child. This is not only unfair to the girl; it also breeds sibling rivalry and sows a seed of inferiority in the girl child.

When it is time for the girl to get married, she is bombarded with loads of unsolicited counsel. Aunties and grannies would chant plaintively: 'It is a woman's duty to build the home.' Should the refrain then be '...and it is a man's duty to break up the home?'

A home should be built and sustained by two mutually consenting adults who agreed to become husband and wife. The responsibility for the success or failure of a marriage should not be placed on the shoulder of the wife alone.

Parents need to stop pushing these narratives. They are subtle forms of gender-based violence. They grow and escalate to higher levels. They give rise to absurdities; the absurdity of blaming a victim of domestic violence: she must have provoked her husband to beat her up. The absurdity of blaming a rape victim: she must have dressed in a provocative way, resulting in her being raped.

Misery and mental torture for the female child should not be nurtured in the home. Love and harmony must thrive without bias to one's gender. What is good for the goose should be alright for the gander.

Ndidi Chiazor-Enenmor Writer and Education Consultant



### IN THE AGE OF ABUNDANCE... 100 YEARS OLD IS THE NEW 60

Perhaps you are looking forward to your next 'big' birthday...one of those rounded figures that feels like you have achieved a milestone.

Do you really feel like celebrating or does it make you think about aging?

What ever it is, you may take comfort in the knowledge that with improved living standards and modern medical care, many more persons in their mid and late 70s even in the most deprived places on earth are still living healthy active lives.

It is hard to believe that mankind has made such progress given our level of cynicism and the media's predilection for bad news, especially in Africa. But humanity has already entered the age of abundance – a period of radical transformation in which technology has the potential to significantly raise the basic standards of living for every man, woman, and child on the planet.

In their book published in 2014, Abundance - the future is better than you think, Peter Diamandis and Steven Kotler remind us: "Compared to fifty years ago, today the Chinese are ten times as rich, have one-third fewer babies, and live twenty-eight years longer. In the same half-century span, Nigerians are twice as well off, with 25 percent fewer children and nine-year boost in life span. All told, according to the United Nations, poverty was reduced more in the past fifty years than the previous five hundred."

Nevertheless, many goods and services, even our institutions and government policies are structured around the supposedly unavoidable notion of people dying in their 60s, 70s and 80s. In reality, we can see how more and more people continue to work past the traditional retirement age of 65.

And what used to be known as the 'middle age' (35 – 45) has turned out to be a time when people are now taking a 'second chance' at life. Many are trying out new careers and starting families, as others with material comfort, financial security and increased status are positively impacting on society - doing voluntary work and/or supporting charities. Apart from the menopause for women, these years are now seen as the prime of life rather than as start of old age.

Peter Diamandis further notes that while there are many factors that could affect how long you will live; a key limiting factor is your mindset. "You can will yourself to death... or will yourself to a longer health span", he said in his blog. Besides, in the age of abundance with better nutrition, enhanced lifestyles, and highly affordable advanced treatment for many diseases, including new medical technologies such as gene therapy, vaccines, stem cells etc., everyone has a chance to be optimistic and focus on maximizing their health and adding decades of healthy years onto their life.

Along these lines, the author Yuval Noah Hariri in his Homo Deus - A Brief History of Tomorrow, suggests that given the growing pace of change in 21st century medicine, which aims to upgrade the healthy instead of healing the sick as in the past, some humans could go on living indefinitely, unless they are killed by accidents or murdered. "In truth they will actually be a-mortal rather than immortal", he said.

Maybe things may not get to this extreme situation, but there could be a more modest goal of doubling human life expectancy on earth. We are told that life expectancy almost doubled from 40 to 70 in the 20th century, so we should not be amazed if it doubles again in the 21st century to 150 - as humanity fully embraces an abundance mindset.

The question is whether this abundance perspective can free the African mind from the day-to-day struggles and allow millions of people on the continent to pursue significant desires - purpose, transcendence and/or spiritual fulfilment.

~ Toru Dokubo

Port Harcourt, Nigeria July 2021



### Skincare and why you need it

The skin is the largest sensory organ of the human body and it must be taken care of at all times and at all costs.

The word skincare doesn't go without its routine and it isn't surprising that a lot of people do not know this.

When I did not know better, whenever I walked into a female's house and I see a facial scrub or a facial toner, I'd be like "pffffffttttt !!! You don't need all these" and then when I walked into a male's house it was quite a big deal because as a Nigerian it is considered a 'taboo' of sorts for a man to be conscious of and actually make the effort to take care of his skin. It is still considered as such and any man that actively follows a skincare routine is considered effeminate and has fallen off the BRO bandwagon.....

Let me start by debunking or confirming some myths about skincare:

MYTH 1: Skincare isn't for men, it is only for women.

Response: Skincare is for everybody regardless of gender.

MYTH 2: A man with no skincare routine is a real man.

Response: Would you rather have a skin infection because society says that makes you real? Every human living on earth needs to take care of their skin. It is after all, part of the body. It is what covers your bones and blood vessels.

So what is skincare?

For the purpose of this article I'm going to generalize and try to simplify the definition. Skincare in its layman's definition is how you as an independent body take care of your largest sensory organ – either by taking regular baths, scrubs and application of body products such as your body lotions, creams and oils.

It can also be defined as the way you make use of products to protect your skin, prevent and eliminate skin ailments.

A good skincare routine is the series of products application that you put your skin through at intervals during your lifetime.

It is also the steps or processes that you subject your skin to in the morning when you wake, before you step out for the day and at night before bed. This may be done daily, weekly, monthly or yearly.



Why? The following are some reasons for practicing a skincare routine

- To treat any current or underlying condition.
- To avoid or prevent skin infection or diseases of any kind.
- To look youthful, reduce wrinkles and fine lines.
- To reduce ashy-looking skin, paleness and help brighten your skin.
- For females, to achieve a soft and radiant skin and so much more.

A good skincare routine should have but not be limited to the following products applied in no particular order

- Facial wash or cleanser
- Facial Toner
- Essence
- Facial serum
- Moisturizer
- Eye cream
- Facial oil
- Sunscreen
- Lip balm

And yes you need to scrub twice to thrice weekly to get rid of dead skin cells.

As much as these products and application steps are important, you don't have to break the bank for these and you don't need to have all these products at once but these steps, I definitely recommend.

Do you need a skincare routine? Does everybody need to have a skincare routine regardless of gender?

**Answer: YES** 

Finally, I would add that you should have a skincare routine, so you can retain your youthful looks. Getting older while looking young.

MARTHA IKEJI



# PUBLIC SPEAKING: YOUR CHILD'S TREASURE TROVE

Written by: Chinelo Auguster Okaraonye; Founder, All-Stars Diction and Social Polish Academy

Speeches rule the world. They can start wars but can also make peace; they can break apart but can also heal, they can inspire hope in the most hopeless circumstances. Barack Obama's emergence as the 44th President of the United States of America started at the podium of the Democratic National Convention (DNC) when he delivered a masterfully crafted keynote address on "The Audacity of Hope" on Tuesday, 27th July, 2004.

Great speakers are not born. Like every other skill, public speaking can be learnt and mastered through consistent practice.

As a parent, you desire to see your children blossom and become the best they can be. In this regard, you are duty-bound to form them, to guide and coach them to master the skills and gain competencies that will give them an edge to face the fierce competition in the world.

Now more than ever your child needs certain soft skills to help him/her to lead a successful life as an adult.

Consider emotional intelligence. Emotional intelligence requires that one recognises, understands, and manages one's emotions and that of others to make the best of any situation. One can safely say that emotional intelligence is about learning to efficiently adapt to the complexities of life by taking very calculated decisions.

To drive this point home, consider these scenarios.

Picture your child being wrongly blamed for an action. Even though he is innocent, he is unable to counter the false claims.

As the child grows older, there is the risk of the child normalising being silent instead of speaking up; even in the face of potentially damaging events. Children who are reticent or shy need to be encouraged and taught how to overcome the fear that constantly restrains them from speaking up. This will motivate them to use their voices anytime they have something to say.

Furthermore, imagine that your child has now completed his university education with excellent grades and was invited for a job interview in a leading firm. During the interview, he could not respond to questions thrown at him. Even though he graduated with good grades, no employer needs a staff who is unable to express themselves effectively.

Perhaps as an adult, your child has the desire to venture

into the entrepreneurial world. Should that be the case, consider that no business owner succeeds without the ability to properly communicate an organisation's goals to the staff and partners. Excellent communication skills are vital for both personal and career development.

Consequently, through Public Speaking your child:

- Develops self-confidence. Being able to stand before others to speak enables him / her to conquer the fear that holds him / her back.
- Learns to communicate better with others. A good communicator makes a good public speaker. This very important skill will come in handy as your child begins to interact with others at both personal and professional levels.
- Learns to be emotionally intelligent. Every public speaker knows that understanding the dynamics of the emotions of his audience is vital for connecting with them. By building empathy towards the audience, he is able to better address his speech to meet their needs.
- Learns how to manage pressures especially when required to speak at very short notice.
- Learns to stay motivated both to prepare for and deliver a speech.
- Learns how to handle unexpected situations.

These will not only help the child communicate better, but will unlock a treasure trove of other abilities for your children as they navigate the complexities of life.

Help your children to discover their voices, to speak with impact, to inspire and be heard. Who knows? They might speak their way into the pinnacle of global leadership.

Rarely will you find a better gift.



# 



#### **MOTHERHOOD**

Motherhood is springtime.

Her womb is a closed flower bud,

Opening up to bring with great joy,

The timely arrival of her new-born child.

Motherhood is summer.

Her arms are the warm open sea,

Spreading wide to let in with great hope,

The bright opportunities for her growing child.

Motherhood is autumn.

Her heart is a deciduous tree,

Showing off and praising with great pride,

The golden achievements of her adult child.

Motherhood is winter.
Her hair is fluffy silvery snow,
Waiting to be stroked with great delight,
By the loving offspring of her breeding child.

OGUNKOYA, EUNICE



#### SIBLING RIVALRY

Favouritism!

Says the middle kid to its mother, But how she dreads to hear that word, From an indignant sibling.

Says the mother goat to her seven kids, Like the moon in the starry sky, I do not have a favourite one, Whether I'm full, crescent or absent, You'll all always be twinkling stars to me.

There's no need to fight for affection,
'Cos there's enough lunar love to go round.
There is no need to compete against each
other,
So kindly replace rivalry with chivalry,
Then I shall be a queen,
And you all noble knights,
Then we can work together as a team,

Each with a special part to play.

Whether on or off the round table.

So darling knights, dear stars Shine, shine, shine... Shine for the world to see, Shine with all your might, Shine as brightly as you can For that is where the rivalry lies.

The moonlight shall mingle with the star-lights,
To produce a kaleidoscope,
Of bright colours and patterns,
For which there is no favourite,
But instead lots of rainbows and snowflakes,
From diamonds of creativity,
To help rule the world with grace,
And keep away the big, bad wolf.

OGUNKOYA. EUNICE



Baakville Warld Ectivities

# BOOKVILLE READING COMPETITION

Have you heard of the Bookville Reading Competition?

This event is organized by Bookville World and is geared towards encouraging reading for pleasure and as a lifelong activity. Reading not merely to pass examinations but in order to get an education across several spheres of life. Indeed reading in order to live so many lives at once through the pages of a book. It is hoped that by participating, the children will develop the habit of reading for pleasure, be able to develop their own style of spicing up literature, take charge of their own thinking and therefore have an incentive to continue to open a book to read.

The competition is open to children aged between 10 and 12 years in public and private schools who have a passion for reading and learning beyond the classroom.

It is important to highlight the unique features of the competition, which are-

- 1. It is not a Spelling Bee Competition. The competition evaluates such skills as Clarity of expression, Critical thinking, Comprehension, Diction, Pronunciation and Spelling.
- 2. It is not an inter-schools competition, so independent entries are welcome.

The theme for the year 2021 is Open a book, Open your mind

The 2021 edition had 60 contestants cleared to participate in the competition which was in 3 stages; 2 preliminaries and the final round. The preliminaries were held on the 8th and 15th of May 2021 with the finals taking place on June 19th 2021.

In preparation for the competition, the contestants read four selected literary works by Nigerian Authors, namely:-

- Boom Boom by Jude Idada
- Dalu's Diary by Ogechi Ezechi
- Harvest of Corruption by Frank Ogodo Ogbeche.
- Our Son the Minister by Paul Ugbede





Reading not merely to pass examinations but in order to get an education across several spheres of life.

July 2021 Issue 03

At the end of the keenly contested event, Miss Ariella Anwana, a JSS1 student of Aladumo International School emerged the winner. First and Second runners-up were Miss Ivana Somtochukwu Blessing Onyeka-Daniel, a student of Federal Government Girls College, Abuloma, Port Harcourt and Miss Nekuojo Osahenrumwen Omelikamu a student of Teko Schools, respectively.

Other awards included The Purple Shelves prize for the Most

Resilient contestant given to Miss Joan Umeji of Helms Bridge School, Port Harcourt and the prize for the Most Improved Contestant given to Master Kelechi Nwachukwu, a JSS1 student of Oginigba Community Secondary School. All other contestants got consolation prizes.

Special prizes also went to the Most Supportive Parents, Barrister and Mrs. Reginald Ugwuadu and the Most Supportive Coach, Mr. Chisom Ikesinachi Nwachukwu of Helms Bridge School.

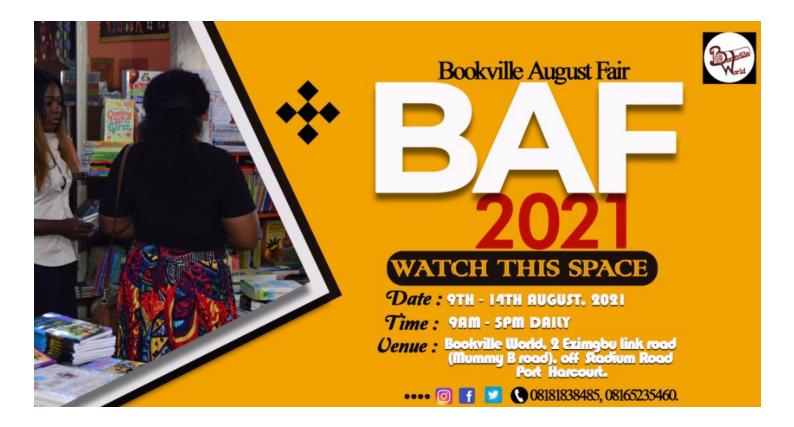
It was both exciting and fulfilling to watch the children applying the knowledge garnered from the books read to discuss such issues as unemployment, sickle cell anaemia, corruption, the plague of sycophancy in governance and the consequences of refusing to conform to society's warped expectations – topics explored in the books in focus.

We look forward to the 2022 edition of the Reading Competition.

Would you like to partner with us? You can reach us via our Social Media handles and our contact details as stated in this newsletter.



July 2021



#### **BOOKVILLE AUGUST FAIR (BAF)**

The Bookville August Fair (BAF) is organized by Bookville World, a bookstore and literary organization located in the city of Port Harcourt, Nigeria. It began in 2016 with the objective of promoting reading as both a lifestyle and a lifelong activity. The event showcases literary works across different genres for a broad range of reading tastes. The event also seeks to provide a platform for new and upcoming as well as established authors to interact with readers and showcase their talents.

The week-long event that takes place annually during the second week in August includes but is not limited to such activities as Book reading/signing sessions for both children, Teens and adults - either physical, virtual or more recently as a fallout of the Corona Virus pandemic, a hybrid of both physical and virtual sessions -, Open Mic session - organized to showcase the talents of other Creatives across other genres within the Creative industry. It is open to Poets, Comedians, Singers, etc., Panel discussions, Book Swap, and Book sales at discounted prices.

The Theme for the year 2021 is: Open a book, Open your mind

Eleven literary works will be showcased this year via a hybrid of physical and virtual sessions.

This year the activities mapped out for the event include:

- Book sales at discounted prices
- Book Swap
- Open Mic session for poets, comedians, singers, and other Creatives.
- Book reading session for children and adults

Date: Monday 30 August - Saturday 4th September 2021

Time: 9am to 5pm daily.

Venue: Bookville World, 2 Ezimgbu link road (Mummy B Road), off Stadium road, PH

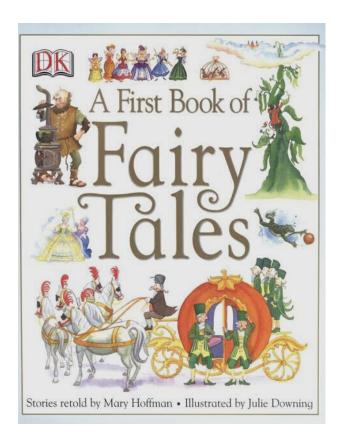


There is no greater way to find your next great read than to ask a bookseller.

Spending a substantial amount of time in the stacks gives every bookseller a special knowledge of books that is just waiting to be tapped.

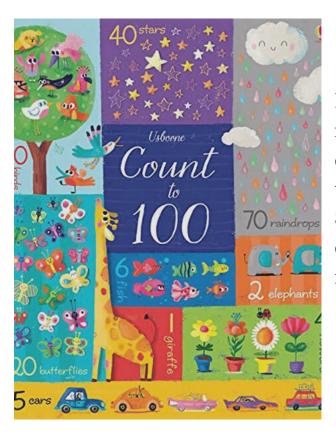
So we have featured
#BookvilleWorldTeamPicks with
recommendations that will undoubtedly
grow your TBR (To Be Read) to amazing
heights. Here we've rounded up the latest
collection of books that Bookville World
Team have read.

# PICKS FOR TOTS



#### **A First Book of Fairy Tales**

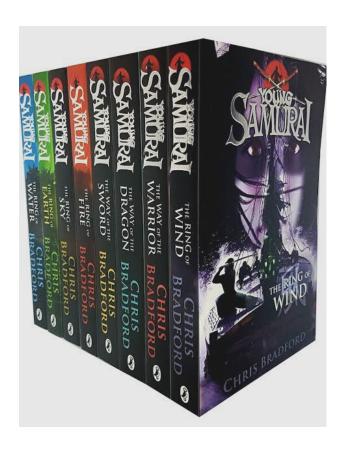
Introduce your kids to the enjoyable experience and entertainment of stories of fantasy and make-believe where good triumphs over evil, packed full of moral lessons through characters and virtues portrayed in the stories. Captivate the imaginations of your young ones while enhancing their creativity and thinking skills.



#### Count to 100

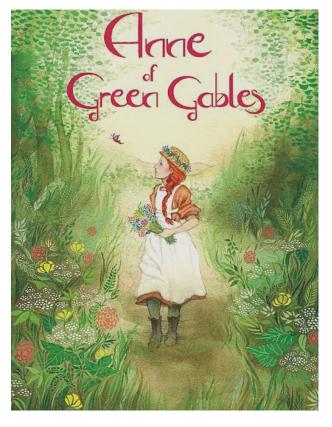
It's numbered 1-10 and then it goes up in 10's, from 20-100 but you do get to count all the way up to 100 too as there are 20 cars on the 20th page and 80 raindrops on the 80th page...you can still count all the way through naming all the numbers..

# Teens/Tweens



#### **Young Samurai series**

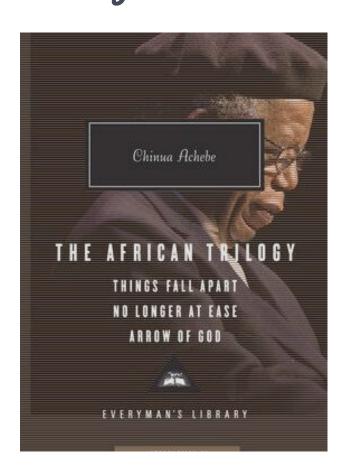
Action and adventure tales guaranteed to excite and educate your teen.



#### **Anne of Green Gables**

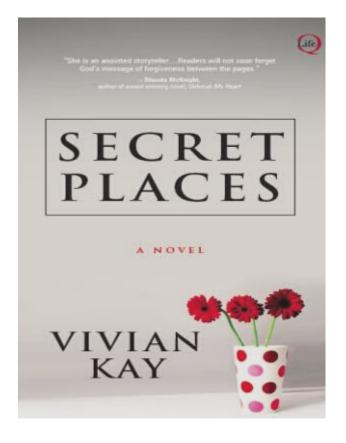
"Anne of Green Gables" is one of the best novels for kids aged 8-12 years. It is a classic that should be read by all-adults and children-that believe in the magic of life and how wonderful life can be.

# Nigerian/African writers Books



#### **The African Triology**

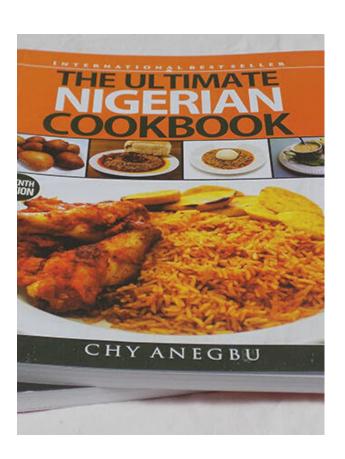
These stories give great insight into the intricacies of African culture that is highly enlightening for many."Things Fall Apart" is particularly compelling. The last line in the story leaves you both sad and eager to move on to the other two stories.



#### **Secret Places**

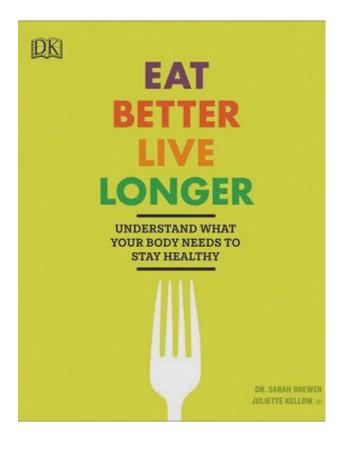
This Christian fiction tells the story of two couples of Nigerian descent who decide to save their marriage by joining a Christian swinging group. You see how love and faith erode with promises not kept. You come to understand that no matter how far we run away from our problems, it is impossible to hide from God's presence.

# Lifestyle



# The Ultimate Nigerian Cookbook

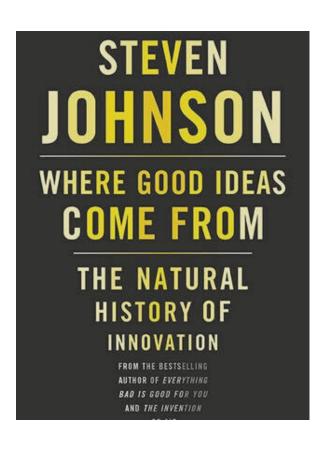
Great photos and easy to follow recipes. Every page makes you want to instantly try that recipe. Lots of really good advice on improving the basic Nigerian dishes.



#### **Eat Better, Live Longer**

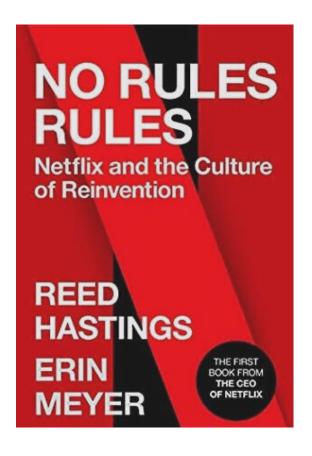
Understanding the causes of many health challenges experienced in later life gives us a reason to eat better and live longer.

# Business



#### Where Good Ideas Come From

Innovation can arise by simply finding a new use for something that already exists. According to the author, "It's not so much a question of thinking outside the box, as it is allowing the mind to move through multiple boxes."



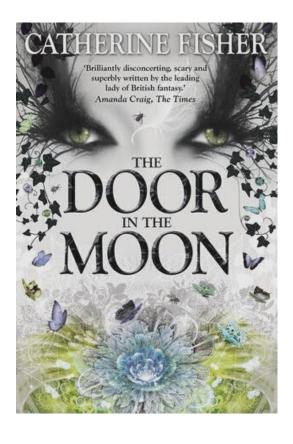
#### **No Rules Rules**

This book gives great insight on how to attract and retain the best people and compensate them based on market value rather than internal controls.



#### **Animal Farm**

This book is truly phenomenal! This political satire from George Orwell proves that he was one of the best authors of the past century. His work stands out today and is as relevant as ever.



#### The Door in the Moon

Every lover of fantasy will definitely enjoy this.

Jake and Sarah are swept into a nightmare world of revolution.

An endearing fiction

### **UPCOMING**

# **EVENTS**

July 17th Children's Bookclub

July 31st Book Reading for adults

30th August - 04th September 2021 Bookville August Fair 2021

> September 18th Children's Bookclub

September 25th Book Reading for adults

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