



BE “YOUR BEST SELF” IN 2017 WITH THE BEST BOOKS FROM INDIGO

Toronto, ON (January 4, 2017) – Indigo (TSX: IDG), the world’s first cultural department store for booklovers, is thrilled to welcome 2017 with the best books to embrace “Your Best Self.” Live well, do well and be well in the New Year with a vast selection of inspiring memoirs, wholesome cookbooks, essential fitness guides, and empathy-building fiction, all available at Indigo, Chapters and Coles, and online at indigo.ca.

The New Year is the time to craft resolutions and achieve personal goals. As Canada’s largest bookseller, Indigo understands how reading transforms lives for the better. This is why, for 2017, Indigo is encouraging Canadians to *always have a book on the go*.

Visit your local store to chat with expert booksellers about your next great read, and resolve to read more books in 2017 with Indigo’s best bets for the New Year. To get your reading list started, enjoy [up to 40% off Canada’s biggest bestsellers](#) at all Indigo, Chapters and Coles stores, and online at indigo.ca. Plus, enjoy 5 times the plum® points on a selection of “Your Best Self: Wellness” books online from January 16-22nd, 2017 available at indigo.ca¹.

YOUR BEST SELF: Begin your journey to [wellness](#) and self-discovery with these thought-provoking reads.

1. [Tools of Titans](#) by Tim Ferriss
Find inspiration through the tactics, routines and habits of billionaires, icons and world-class performers.
2. [CEO of Everything](#) by Gail Vaz-Oxlade and Victoria Rice
Single women make up more than half the population of Canadian women – and it’s time to take charge! Become the CEO of your life with tips and tricks from Canada’s leading finance guru.
3. [Designing Your Life](#) by Bill Burnett and Dave Evans
Build a well-lived, joyful life at any age or stage with insights from experts in design thinking.
4. [Messy](#) by Tim Hartford
Turn to new developments in neuroscience, psychology and social science to discover the power of disorder to transform lives for the better.
5. [The Life-Changing Magic of Tidying Up](#) by Marie Kondo
Simplify your surroundings – and your life – with this best-selling guide from esteemed Japanese cleaning consultant, Marie Kondo.
6. [The Happiness Equation](#) by Neil Pasricha
Unlock the 9 Secrets to Happiness and learn how to want nothing, do anything, and have everything.
7. [The Five Thieves of Happiness](#) by John Izzo

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Don't let the thieves of control, conceit, coveting, consumption and comfort take charge of your attitude. Lock out negativity to embrace your happiest self.

8. [The Little Book of Hygge: The Danish Way to Live Well](#) by Meik Wiking
Denmark is said to be the happiest country in the world – and all because of “hygge.” Discover the art of creating intimacy and cosiness by taking pleasure in the presence of soothing things, from a good book to the warm glow of a scented candle.
9. [The Year of Yes Journal](#) by Shonda Rhimes
Grey's Anatomy creator changed her life by saying one small word: YES. Now, readers can follow suit by chronicling their own journeys toward a 'Year of Yes.'
10. [The Bikini Body 28-Day Healthy Eating & Lifestyle Guide](#) by Kayla Itsines
Kickstart your New Year's resolutions with this hotly anticipated lifestyle, recipe and wellness guide. Enjoy more than 200 healthy recipes and a complete 28-day workout plan.

EAT REAL FOOD: Enjoy delicious, wholesome recipes and spark a happier, healthier you.

1. [Joyous Detox](#) by Joy McCarthy
Detox naturally with this complete plan and cookbook to be vibrant every day, filled with a 10-day detox plan and 100 new detox-friendly recipes.
2. [Food, Health and Happiness](#) by Oprah Winfrey
Ring in the New Year with 115 on-point recipes from Oprah for great meals and a better life. From simple pleasures such as 'Unfried Chicken' to 'Sustainable Chilean Sea Bass,' this is food as it should be: a source of happiness, a ritual to be shared, a celebration of life.
3. [The Whole 30 Cookbook](#) by Melissa Hartwig
Embrace a whole foods diet with 150 delicious, easy-to-make and totally Whole 30 compliant recipes.
4. [Oh She Glows Every Day](#) by Angela Liddon
This beautiful go-to cookbook from one of the world's most beloved cooking stars and food bloggers is full of plant-based recipes that will inspire healthier eating.
5. [Real Food, Real Good](#) by Michael Smith
Eat well in 2017 (and beyond) with more than 100 simple, wholesome recipes from celebrated Canadian chef Michael Smith.
6. [Life in Balance](#) by Donna Hay
Look to Australia's bestselling and most trusted chef, Donna Hay, for a realistic, sustainable and more balanced approach to fresher, healthier eating.
7. [The Forest Feast: Gatherings](#) by Erin Gleeson
Love to entertain? Plan a healthy party menu with more than 100 new, innovative vegetarian recipes from acclaimed food photographer and stylist Erin Gleeson.
8. [Super Food Family Classics](#) by Jamie Oliver

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Freshen up your family favourites and expand your recipe repertoire with new nutritious, tasty and kid-friendly recipes from one of the world's most beloved chefs.

9. [Thug Kitchen 101](#)
The creators of Thug Kitchen are back with no-holds-barred recipes and advice to living a more wholesome and nutritious life. Learn how a plant-based diet benefits our bodies, minds, environment, and our pocketbooks.
10. [The Complete Mediterranean Cookbook](#) by the Editors at America's Test Kitchen
With more than 500 vibrant, kitchen-tested recipes, this approachable cookbook is the easiest way to bring the Mediterranean into your home kitchen.

[BOOKS THAT WILL CHANGE YOUR LIFE:](#) Curated by Indigo's expert booksellers, delve into inspired books that build empathy and offer new perspectives.

1. [Secret Path](#) by Gord Downie, illustrated by Jeff Lemire
This heartbreaking graphic novel tells the true story of Chanie Wenjack, a twelve year-old boy who died in flight from a Canadian residential school 50 years ago. Proceeds from Secret Path will be donated to The Gord Downie Secret Path Fund for Truth and Reconciliation via The National Centre for Truth and Reconciliation (NCTR) at The University of Manitoba.
2. [The Alchemist](#) by Paulo Coelho
Magic, mysticism, wisdom and wonder combine in this masterful tale of self-discovery – a true classic that has sold millions of copies worldwide.
3. [Waiting for the First Light](#) by Roméo Dallaire
In this piercing memoir, Roméo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD.
4. [The Fault in Our Stars](#) by John Green
This immensely popular YA novel explores the funny, thrilling and tragic romance of Hazel and Augustus – two teens with cancer, whose lives become intertwined.
5. [We Should All Be Feminists](#) by Chimamanda Ngozi Adichie
In this New York Times bestseller, the award winning author of *Americanah* offers readers a unique definition of feminism for the 21st century, one rooted in inclusion, awareness and experience.
6. [To Kill a Mockingbird](#) by Harper Lee
If you've never read it, now is the time to read Harper Lee's Pulitzer Prize-winning masterpiece, a tale of honour, heroism and injustice in America's Deep South.
7. [Between the World and Me](#) by Ta-Nehisi Coates
In this profound work, Ta-Nehisi Coates offers a powerful new framework for illuminating America's divided past, and a transcendent vision for a way forward.
8. [A Little Life](#) by Hanya Yanagihara

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Follow the friendship of four college classmates – broke, adrift, bound only by friendship and ambition – as they move to New York in search of fame and fortune. Consider this novel a hymn to brotherly bonds, and a masterful depiction of love in the twenty-first century.

9. [*When Breath Becomes Air*](#) by Paul Kalanithi
In this deeply moving memoir, Paul Kalanithi – a 36-year-old neurosurgeon diagnosed with stage IV lung cancer – confronts his own mortality, and sets out to answer what makes a meaningful life.
10. [*The Five People You Meet in Heaven*](#) by Mitch Albom
This timeless and astoundingly original tale takes the reader on a journey through one man's experience after death. This book will change everything you've ever thought about the afterlife – along with the very meaning of life on earth.

About Indigo Books & Music Inc.

Indigo is a publicly traded Canadian company listed on the Toronto Stock Exchange (IDG). As the largest book, gift and specialty toy retailer in Canada, Indigo operates in all provinces under different banners including Indigo Books & Music; Indigo Books, Gifts, Kids; Indigospirit; Chapters; and Coles. The online channel, indigo.ca, offers a one-stop online shop with a robust selection of books, toys, home décor, stationery, and gifts.

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ⁱ Valid January 16-22, 2017 at indigo.ca (excluding kiosk orders and in-store) on purchase of one or more eligible in-stock Wellness book(s), before taxes and after applicable discounts and plum points redemptions, using a valid plum rewards membership. Visit www.chapters.indigo.ca/en-ca/your-best-self/books/wellness for a complete list of eligible products. Excludes eBooks. 5x points calculation is based on the standard earning of 5 base points per \$1 spent before taxes. Not valid on previous purchases or in conjunction with other plum offers. Please allow up to 1-2 weeks for bonus points to be applied to your account.