

## national bestsellers

Here are the bestsellers for the week that ended Saturday, Feb. 20, compiled from data from independent and chain bookstores, book wholesalers and independent distributors nationwide.

### HARDCOVER FICTION

1. A Court of Silver Flames. Sarah J. Maas. Bloomsbury
2. The Four Winds. Kristin Hannah. St. Martin's
3. The Midnight Library. Matt Haig. Viking
4. The Sanatorium. Sarah Pearse. Viking/Dorman
5. The Invisible Life of Addie LaRue. V.E. Schwab. Tor
6. The Vanishing Half. Brit Bennett. Riverhead
7. Faithless in Death. J.D. Robb. St. Martin's

8. The Russian. Patterson/Born. Little, Brown
9. Missing and Endangered. J.A. Jance. Morrow
10. Relentless. Mark Greaney. Berkley

### HARDCOVER NONFICTION

1. How to Avoid a Climate Disaster. Bill Gates. Knopf
2. Just as I Am. Cicely Tyson. HarperCollins
3. Walk in My Combat Boots. Patterson/Eversmann. Little, Brown
4. The Sum of Us. Heather McGhee. One World
5. Keep Sharp. Sanjay Gupta. Simon & Schuster
6. A Promised Land. Barack Obama. Crown
7. Winning the War in Your Mind. Craig Groeschel.

### Zondervan

8. Unmasked. Andy Ngo. Center Street
9. Caste. Isabel Wilkerson. Random House
10. Greenlights. Matthew McConaughey. Crown

### MASS MARKET

1. The Numbers Game. Danielle Steel. Dell
2. Reckless Road. Christine Feehan. Berkley
3. Western Stars. Nora Roberts. St. Martin's
4. The Lost and Found Bookshop. Susan Wiggs. Avon
5. Bridgerton: The Duke and I (TV tie-in). Julia Quinn. Avon
6. Perfect Partners. Debbie Macomber. Mira
7. The Sea Glass Cottage. RaeAnne Thayne. HQN
8. Revenge. Patterson/Holmes. Grand Central
9. Shadows in Death. J.D. Robb. St. Martin's
10. A Minute to Midnight. David Baldacci. Grand Central

### TRADE PAPERBACK

1. Burn After Writing (pink). Sharon Jones. TarcherPerigee
2. The 20th Victim. Patterson/Paetro. Grand Central
3. Home Body. Rupi Kaur. Andrews McMeel
4. Fair Warning. Michael Connelly. Grand Central
5. 28 Summers. Elin Hilderbrand. Back Bay
6. Bridgerton: The Duke and I (TV tie-in). Julia Quinn. Avon
7. The Girl from the Channel Islands. Jenny Lecoat. Graydon House
8. The Order. Daniel Silva. Harper
9. Circe. Madeline Miller. Back Bay
10. The Step-by-Step Instant Pot Cookbook. Jeffrey Eisner. Voracious



## A Still Moment

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Take in the quiet.

Group Show starts  
March 5

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**Q:** What do you see as some of the biggest challenges facing young women today? Isolation, polarized politics, social media, global warming, influencers running amok — it can all seem very overwhelming. What kind of questions or advice-seeking do you most often hear from girls who look up to you?

**A:** I receive questions all across the map — and I encourage everyone to check out the “Ask Bravey” series on Youtube. In regards to feeling overwhelmed: I completely hear you. What helps me is to write my goals down and focus only on what’s useful. I am also very protective of my willpower — there’s a whole chapter on this in the book!

**Q:** What accomplishments thus far in your life are you most proud of?

**A:** I am extremely proud of writing “Bravey.” Running my Olympic race and setting a new Greek national record in the 10K was also a high point for me — it felt like my mind and body were on the exact same page. I go into more detail on this in the “Olympics” chapter in “Bravey,” but feeling in complete mind-body harmony was the ultimate expression, for me, of what it means to be an athlete.

**Q:** Why was it important for you to raise awareness about elite athletes’ mental

health? Why do you think those kinds of conversations haven’t happened sooner?

**A:** This is something I am tremendously passionate about. When I was depressed, the biggest turning point for me — honestly, the epiphany that saved my life — was when my doctor helped me look at my depression as a “scratch on my brain.” Being depressed wasn’t some nebulous thing, it wasn’t a personal failing — it was a mental health injury that I could heal, just like a physical injury. I understood that my brain was a body part like any other, it can get strained and injured just like any other, and it can heal like any other. Once we see it this way, the stigma around mental health goes away. I believe that this trend is already happening and in time, going to the therapist will become just as much a part of an elite athlete’s routine as seeing a PT and chiropractor.

**Q:** What is your current running life like? Are you training for the 2021 Olympics? Is it difficult to juggle the various demands on your time?

**A:** I have many big athletic goals in my future, but given the uncertainty with COVID, I’m trying not to squeeze onto anything too tight!

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## February & March Show

“High Desert Visions” Group Show  
Show runs February 3 - March 26  
Open Tuesday - Friday 10 - 4  
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