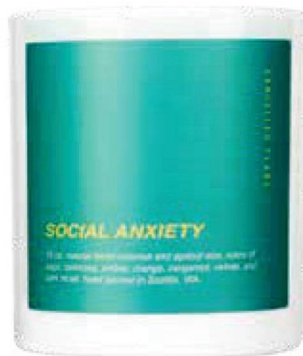




HYGGE

## WICK AND WIT

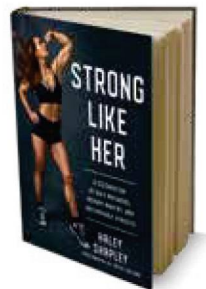
The most relatable candle line on the market, **Cancelled Plans** (starting at \$32; [cancelledplans.us](http://cancelledplans.us)) is the brainchild of Spencer and Kenzie Findlay, graphic designers who favor cozy evenings at home. The husband-and-wife team's hand-poured container candles are cleverly named for themes that hit home, such as "Social Anxiety" and "Student Loans," and are made with clean-burning, toxin-free coconut and apricot wax in their Seattle studio. - ANDREW HOGE



Haley Shapley

## FORCE OF NATURE

FROM ATALANTA OF Greek myth to Pudgy Stockton of Muscle Beach, Seattle author Haley Shapley's new book, *Strong Like Her* (Gallery Books, April 7, \$29.99), features women known for celebrating their bodies for what they could do, rather than how they looked. "I knew there had to be women who had been lifting weights long before me, and I wanted to find their stories and tell them," Shapley says. The resulting series of biographical deep dives into the historically complex relationship between women and their physical strength might inspire 21st-century women to value their inner strength and muscular bodies over traditional beauty standards. And while Shapley addresses some of the harder-hitting realities still commonly experienced by female athletes—discrimination and misinformation, to name two—the author's quippy prose offers hope for the role strong women will play in the future of politics and in the fight for equality. "Physically strong women [were] at the forefront of suffrage, they helped the country get through World War II...and in areas where we are still looking to make progress, physically strong women can play a role." Join Shapley at The Elliott Bay Book Company ([elliottbaybook.com](http://elliottbaybook.com)) for a reading and book-launch celebration on April 9 at 7 p.m. - SAM STEELE



PHOTOGRAPHS: SOPHY HOLLAND (SHAPLEY); CANCELLED PLANS (CANDLES)