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Newfoundland journalist and author Mary Sheppard has set herself an ambitious task: to write a seven-book cycle based on a popular children's chant, *One for Sorrow*.

In this, the second book in the *Tales from Cook's Cove* series, *One for Sorrow* (Puffin Canada, 246 pages, \$14 paperback), she introduces an unlikely heroine, 15-year-old Issy, who has never been able to read.

Considered mentally challenged by her family, Issy is failing at school and spends most of her time outdoors.

With a neurotic mother and a bitter older sister who looks after the family, she decides to leave home as soon as she turns 16. But she hasn't counted on an old childhood friend returning home, nor a new doctor making unexpected discoveries.

Issy is a strong, independent heroine who is used to being the ugly duckling in her family. Readers will want to encourage her to be a swan. The first book in this series, *Seven for a Secret*, was both an award winner and a bestseller. *One for Sorrow* has promise to be equally successful.