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Collection of personal essays about adolescence and young adulthood. Nobody wants him here anyway, but he can't quit. Quitting isn't in his DNA Doug Stanhope is one of the most critically acclaimed and stridently unrepentant comedians of his generation. What will surprise some is that he owes so much of his dark and sometimes uncomfortably honest sense of humor to his mother, Bonnie. It was the cartoons in her Hustler magazine issues that molded the beginnings of his comedic journey, long before he was old enough to know what to do with the actual pornography. It was Bonnie who recited Monty Python sketches with him, who introduced him to Richard Pryor at nine years old, and who rescued him from a psychologist when he brought that brand of humor to school. And it was Bonnie who took him along to all of her AA meetings, where Doug undoubtedly found inspiration for his own storytelling. Bonnie's own path from bartending to truck driving, massage therapy, elder abuse, stand-up comedy, and acting never stopped her from being Doug's genuine number one fan. So when her alcoholic, hoarding life finally came to an end many weird adventures later in rural Arizona, it was inevitable that Doug and Bonnie would be together for one last excursion. Digging Up Mother follows Doug's absurd, chaotic, and often obscene life as it intersects with that of his best friend, biggest fan, and love of his life-his mother. And it all starts with her death-one of the most memorable and amazing farewells you will ever read. Inspired by Thoreau, Ilgunas set out on a Spartan path to pay off \$32,000 in undergraduate student loans by scrubbing toilets and making beds in Coldfoot, Alaska. Determined to graduate debt-free after enrolling in graduate school, he lived in an Econoline van in a campus parking lot, saving—and learning—much about the cost of education today. “Wordsworth, Whitman, William Carlos Williams, and the Beats in their respective generations moved poetry toward a more natural language. Bukowski moved it a little farther.” –Los Angeles Times Book Review In what is widely hailed as the best of his many novels, Charles Bukowski details the long, lonely years of his own hardscrabble youth in the raw voice of alter ego Henry Chinaski. From a harrowingly cheerless childhood in Germany through acne-riddled high school years and his adolescent discoveries of alcohol, woman, and the Los Angeles Public Library's collection of D.H. Lawrence, Ham on Rye offers a crude, brutal, and savagely funny portrait of an outcast's coming-of-age during the desperate days of the Great Depression. Stuck in a rut? Lack the discipline to accomplish your goals? Always find yourself waving the white flag in surrender? Having a string of shitty days, weeks, months, maybe even years? If you answered "yes" to any of those, then this is the audiobook you've been waiting for. The PMA Effect teaches the methods for achieving your goals. No matter how high you set the bar, it comes down to one vital principle: developing a positive mindset. Change your mindset. Change your life. PMA (Positive Mental Attitude) can sustain you through any difficult circumstances. You'll learn to deal with stress more efficiently. You'll develop the skill set and determination to never quit at tasks, to push through fear and manifest your thoughts, hopes, and dreams into reality. In essence, The PMA Effect is the

blueprint to becoming that badass, super-human that lives inside each and every one of us. Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, Sober Curious is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, Sober Curious is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives. Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and practical help, The 28 Day Alcohol-Free Challenge is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website One Year No Beer to connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober. An enthralling and enchanting collection of short stories from the bestselling author of *Chocolat* and *The Strawberry Thief*... Perfect for fans of Kate Atkinson and Kate Mosse as well as readers of Eve Chase and Stacey Halls. 'A vibrant tombola of stories...' -- Time Out 'Strongly plotted and written in registers that are variously comical, sad and surreal...' - Independent 'A jewel of a book' -- ***** Reader review 'Sublime and touching' -- ***** Reader review 'Unputdownable' -- ***** Reader review 'Compelling - you can lose yourself one story at a time' -- ***** Reader review

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 Stories are like Russian dolls; open them up, and in each one you'll find another story. Come to the house where it is Christmas all year round; meet the ghost who lives on a Twitter timeline; be spooked by a newborn baby created with sugar, spice and lashings of cake. Conjured from a wickedly imaginative pen, here is a new collection of short stories that showcases Joanne Harris's exceptional talent as a teller of tales, a spinner of yarns. Sensuous, mischievous, uproarious and wry, here are tales that combine the everyday with the unexpected; wild fantasy with bittersweet reality. Withdrawing from a family party to the solitude of her tree house, 16-year-old Laurel Nicolson witnesses a shocking murder that throughout a subsequent half century shapes her beliefs, her acting career and the lives of three strangers from vastly different cultures. By the best-selling author of *The Distant Hours*. Reprint. 200,000 first printing. "A GRIPPING NOVEL." —New York Times Book Review When her children's school is set ablaze, Grace runs into the burning building to rescue her teenage daughter, Jenny. In the aftermath, badly injured, Grace learns the police have identified the arsonist, but they have blamed the wrong person. Only Detective Sarah McBride, the sister-in-law Grace has never liked, is searching for the real arsonist--a hunt that becomes urgent when it's clear Jenny is still the perpetrator's target. Page-turning suspense combines with a beautiful portrayal of deep family bonds to make this a stunning and riveting read. Now with Extra Libris material, including a reader's guide and bonus content A memoir about the recovery from alcoholism, habitual drug use and mental illness, from broadcaster, and co-founder and editor of The Quietus website, John Doran. *Jolly Lad* is a memoir about the recovery from alcoholism, habitual drug use and mental illness. It is also about the healing power of music, how memory defines us, the redemption offered by fatherhood and what it means to be working class. "This is not a 'my drink and drug hell' kind of book for several reasons—the main one being that I had, for the most part, had a really good time drinking. True, a handful of pretty appalling things have happened to me and some people that I know or used to know over the years. But I have, for the most part, left them out of this book as they are not illuminating, not edifying and in some cases concern other people who aren't here to consent to their appearance. Instead this book concentrates on what you face after the drink and the drugs have gone." *Jolly Lad* is about gentrification; being diagnosed bipolar; attending Alcoholics Anonymous; living in a block of flats on a housing estate in London; the psychological damage done by psychedelic drugs; depression; DJing; factory work; friendship; growing old; hallucinations; street violence and obsessive behaviour—especially regarding music and art. An incredible but true account of achieving one of the most awe-inspiring midlife physical transformations ever On the night before he was to turn forty, Rich Roll experienced a chilling glimpse of his future. Nearly fifty pounds overweight and unable to climb the stairs without stopping, he could see where his current sedentary life was taking him—and he woke up. Plunging into a new routine that prioritized a plant-based lifestyle and daily training, Rich morphed—in a matter of mere months—from out of shape, mid-life couch potato to endurance machine. *Finding Ultra* recounts Rich's remarkable journey to the starting line of the elite Ultraman competition, which pits the world's fittest humans in a 320-mile ordeal of swimming, biking, and running. And following that test, Rich conquered an even greater one: the EPIC5—five Ironman-distance triathlons, each on a different Hawaiian island, all completed in less than a week. In the years since *Finding Ultra* was published, Rich has become one of the world's most recognized advocates of plant-based living. In this newly revised and updated edition, he shares the practices, tools, and techniques he uses for optimal performance, longevity, and wellness, including diet and nutrition protocols. Rich reflects on the steps he took to shift his mindset and leverage deep reservoirs of untapped potential to achieve success beyond his wildest imagination, urging each of us to embark on our own journey of self-discovery. Previously published as *The Woman from Paris* "Superb storyteller" (Plum Sykes) *Santa Montefiore's* sweeping and sophisticated international bestseller *Summer House* is "a feel good story, full of exuberance and passion and threaded with hope...an exceptional find" (Seattle Post-Intelligencer). When Lord Frampton dies in a skiing accident, a beautiful young woman named Phaedra appears at his funeral—claiming to be the Lord's illegitimate daughter. In his will, Lord Frampton has left the priceless Frampton suite of sapphires to this interloper, confirming her claim and outraging his three adult sons and widow. Eventually, however, Phaedra's sweet nature thaws the frosty relationships. She becomes the daughter that Antoinette Frampton never had and a wise and compassionate granddaughter to the formidable Dowager Lady Frampton. But an attraction grows between Phaedra and the eldest son, David. It seems an impossible love—blocked by their blood connection and by the fury of one family member who is determined to expose Phaedra as a fraud. Filled with the luscious scenery and enchanting characters her fans adore, *Santa Montefiore's Summer House* is an unforgettable story about family, forgiveness, and the power of love. Mindfulness, the quality of attention that combines full awareness with acceptance of each moment, just as it is, is gaining broad acceptance among mental health professionals as an adjunct to treatment. Because at the heart of addiction is the fear of painful emotional states, addicts compulsively seek drugs and alcohol to avoid or escape emotional pain. Mindfulness, on the other hand, helps us develop greater acceptance and ease with life's challenges, as well as greater self-compassion. Here, Dr. Lawrence Peltz, who has worked as an addiction psychiatrist for nearly three decades, draws from his clinical experience and on the techniques of mindfulness-based stress reduction (MBSR) to explain the fundamental dynamics of addiction and the stages of the recovery process, and also gives us specific mindfulness exercises to support recovery. If you're overweight or obese...If you're constantly tired, bloated, constipated, achy, sluggish, depressed, or anxious...If you're diabetic or pre-diabetic...If your doctor keeps warning you about the risk of cancer, heart disease, or other lifestyle- reversible calamity...If you're constantly worried about your blood pressure, weight, insomnia, eating habits... But you still find it next to impossible to stick to a healthy diet, exercise, and lifestyle plan... Then you might be going about things the wrong way. Let's face it - despite a flood of information and advice, we're getting sicker and fatter all the time. That's because the vast majority of "conventional" advice is outdated, wrong-headed, and just plain ineffective. Within this storm of bad news and bad advice, there's a growing tribe of outliers who have managed to lose hundreds of pounds, reverse "impossible to cure" diseases, and even - to their own shock and delight - become fit and high-performing athletes. Their stories don't get a lot of media attention, because they aren't selling anything. No pills, powders, or potions. No expensive workout gadgets. No late night informercial magic formulas. They simply rediscovered some basic, natural truths about the human animal. What we're designed to eat. How we're designed to move. And how we're meant to think and feel. When we get away from our natural heritage, we suffer. When we return to it, we thrive. Read *Sick To Fit* to discover how Josh LaJaunie went from a 420-pound food addict to the cover of *Runner's World* magazine, as well as live appearances on *Good Morning America* and *The Today Show*. Discover the simple secrets for a healthy life that have transformed dozens of members of the Missing Chins Run Club and clients of WellStart Health from sick and sad to fit and fulfilled. In *Sick To Fit*, you'll learn: - the one food rule that banishes confusion, eliminates the need to count calories or restrict portion size, and makes you impervious to the marketing and clickbait BS perpetrated by the food industry- how to honor your culture and heritage without suffering from the diseases that are killing your people (coming from the Bayou of South Louisiana, Josh knows a thing or two about being a foodie)- how to use social and family pressure to get stronger and more committed- how to prevent self-sabotage after initial success- how to start exercising safely if you're overweight (by 20 or 200 pounds)- the four-question FAST Assessment (the "Swiss Army Knife" of sustainable behavior change)- how to master life's stressors so they don't turn into binges- how to never "fall off the

wagon" again - even if you've failed at dozens of diets before- and much more...Written with behavioral health expert Howard Jacobson, PhD, Sick To Fit combines Josh's journey with cutting edge nutritional, exercise, neurological, and habit science. Sick To Fit is your roadmap to better health and a more joyful life. "Sick To Fit is a captivating, inspiring and practical story of an epic transformation. And don't be deceived by how entertaining this page-turner of a book is. What you're about to have fun reading is scientifically proven, and it just might change your life." Ocean Robbins, Author, 31-Day Food Revolution CEO, Food Revolution Network <http://foodrevolution.org> "A diet book with lots of information leaves you with lots of information. But a book that teaches you how to change your dietary and lifestyle habits - and do it in a way that is compelling, engaging, and eminently practical - a book like that can change your life." Sick to Fit takes everything that we know about what makes people change in business and life, and applies it to eating and lifestyle habits. I've read a tremendous number of books on diet, fitness, and health - and this one is the best." Peter Bregman, Author, Leading with Emotional Courage, CEO, Bregman Partners <http://peterbregman.com>

In Spring Green, Wisconsin, spinster sisters Milly and Twiss have spent their lives listening to heartbeats and heartaches, nursing birds and the people who bring them back to health. Back in the summer of 1947, Milly and Twiss knew nothing about trying to mend what had been accidentally broken. Milly was known as a great beauty with emerald eyes and Twiss was a brazen wild child who never wore a dress or did what she was told. That was the summer their golf pro father had an accident that cost him both his swing and his charm, and their mother, the daughter of a wealthy jeweler, finally admitted that their hardscrabble lives wouldn't change. It was the summer their priest, Father Rice, announced that God didn't exist and ran off to Mexico, and a boy named Asa finally caught Milly's eye. Most unforgettably, it was also the summer their cousin Bett came down from a town called Deadwater and changed the course of their lives forever. Rebecca Rasmussen's masterful debut novel is full of hope and beauty, heartbreak and sacrifice, love and the power of sisterhood, offering wonderful surprises at every turn. As Carolyn See says, writing guides are like preachers on Sunday—there may be a lot of them, but you can't have too many, and there's always an audience of the faithful. And while Making a Literary Life is ostensibly a book that teaches you how to write, it really teaches you how to make your interior life into your exterior life, how to find and join that community of like-minded souls you're sure is out there somewhere. Carolyn See distills a lifetime of experience as novelist, memoirist, critic, and creative-writing professor into this marvelously engaging how-to book. Partly the nuts and bolts of writing (plot, point of view, character, voice) and partly an inspirational guide to living the life you dream of, Making a Literary Life takes you from the decision to "become" a writer to three months after the publication of your first book. A combination of writing and life strategies (do not tell everyone around you how you yearn to be a writer; send a "charming note" to someone you admire in the industry five days a week, every week, for the rest of your life; find the perfect characters right in front of you), Making a Literary Life is for people not usually considered part of the literary loop: the non-East Coasters, the secret scribblers. With sagacity, a magical sense of humor, and an abiding belief in the possibilities offered to "ordinary" people living "ordinary" lives, Carolyn See has summed up her life's work in a book so beguiling, irreverent, and giddily inspiring that you won't even realize it's changing your life until it already has. An odyssey of family, heartbreak, violence, punk rock, brokenness, broke-ness, sex, love, loss, drinking, drinking, drinking, and an unlikely savior: distance running. A misfit kid at the best of times, Mishka Shubaly had his world shattered when, in a twenty-four-hour span in 1992, he survived a mass shooting on his school's campus, then learned that his parents were getting divorced. His father, a prominent rocket scientist, abandoned the family and their home was lost to foreclosure. Shubaly swore to avenge the wrongs against his mother, but instead plunged into a magnificently toxic love affair with alcohol. Almost two decades later, Shubaly's life changed again when a fateful five-mile run after a bar fight inspired him to clean up his life. And when he finally reconnected with his estranged father, he discovered the story of his childhood was radically different from what he thought he knew. In this fiercely honest, emotional, and self-laceratingly witty book, Shubaly relives his mistakes, misfortunes, and infrequent good decisions: the disastrous events that fractured his life; his incendiary romances; his hot-and-cold career as a rock musician; meeting his newborn nephew while out of his gourd on cough syrup. I Swear I'll Make It Up to You is an apology for choices Shubaly never thought he'd live long enough to regret, a journey so far down the low road that it took him years of running to claw his way back. "Long ago in 1945 all the nice people in England were poor, allowing for exceptions," begins The Girls of Slender Means, Dame Muriel Spark's tragic and rapier-witted portrait of a London ladies' hostel just emerging from the shadow of World War II. Like the May of Teck Club itself—"three times window shattered since 1940 but never directly hit"—its lady inhabitants do their best to act as if the world were back to normal: practicing elocution, and jostling over suitors and a single Schiaparelli gown. The novel's harrowing ending reveals that the girls' giddy literary and amorous peregrinations are hiding some tragically painful war wounds. Chosen by Anthony Burgess as one of the Best Modern Novels in the Sunday Times of London, The Girls of Slender Means is a taut and eerily perfect novel by an author The New York Times has called "one of this century's finest creators of comic-metaphysical entertainment." This compelling, honest book investigates the growing epidemic of prescription painkiller abuse among today's Generation Rx. Through gripping profiles and heartbreaking confessions, this memoir dares to uncover the reality -- the addiction, the withdrawal, and the recovery -- of this newest generation of pill poppers. Joshua Lyon was no stranger to substance abuse. By the time he was seventeen, he had already found sanctuary in pot, cocaine, Ecstasy, and mushrooms -- just to name a few. Ten years later, on assignment for Jane magazine, he found himself with a two-inch-thick bottle of Vicodin in his hands and only one decision to make: dispose of the bottle or give in to his curiosity. He chose the latter. In a matter of weeks he'd found his perfect drug. In the early half of this decade, purchasing painkillers without a doctor was as easy as going online and checking the spam filter in your inbox. The accessibility of these drugs -- paired with a false perception of their safety -- contributed to their epidemic-like spread throughout America's twenty-something youth, a group dubbed Generation Rx. Pill Head is Joshua Lyon's harrowing and bold account of this generation, and it's also a memoir about his own struggle to recover from his addiction to painkillers. The story of so many who have shared this experience--from discovery to addiction to rehabilitation -- Pill Head follows the lives of several young people much like Joshua and dares to blow open the cultural phenomena of America's newest pill-popping generation. Marrying the journalist's eye with the addict's mind, Joshua takes readers through the shocking and often painful profiles of recreational users and suffering addicts as they fight to recover. Pill Head is not only a memoir of descent, but of endurance and of determination. Ultimately, it is a story of encouragement for anyone who is wrestling to overcome addiction, and anyone who is looking for the strength to heal. Into the mind of an athlete running 155 miles in 24 hours around an athletics track, to qualify to run for Great Britain at the age of 50. The mental tools that make it possible, and the life lessons revealed at the extremes of endurance. This gritty bestselling memoir by the singer Mark Lanegan of Screaming Trees, Queens of the Stone Age, and Soulsavers documents his years as a singer and drug addict in Seattle in the '80s and '90s. When Mark Lanegan first arrived in Seattle in the mid-1980s, he was just "an arrogant, self-loathing redneck waster seeking transformation through rock 'n' roll." Little did he know that within less than a decade he would rise to fame as the frontman of the Screaming Trees and then fall from grace as a low-level crack dealer and a homeless heroin addict, all the while watching some of his closest friends rocket to the forefront of popular music. In Sing Backwards and Weep, Lanegan takes readers back to the sinister, needle-ridden streets of Seattle, to an alternative music scene that was simultaneously bursting with creativity and dripping with drugs. He tracks the tumultuous rise and fall of the Screaming Trees, from a brawling, acid-rock bar band to world-famous festival favorites that scored a hit number five single on Billboard's alternative charts and landed a notorious performance on Late Night with David Letterman, where Lanegan appeared sporting a fresh black eye from a brawl the night before. This book also dives into Lanegan's personal struggles with addiction, culminating in homelessness, petty crime, and the tragic deaths of his closest friends. From the back of the van to the front of the bar, from the hotel room to the emergency room, onstage, backstage, and everywhere in between, Sing Backwards and Weep reveals the abrasive underlining beneath one of the most romanticized decades in rock history--from a survivor who lived to tell the tale. Gritty, gripping, and unflinchingly raw, Sing Backwards and Weep is a book about more than just an extraordinary singer who watched his dreams catch fire and incinerate the ground beneath his feet. It's about a man who learned how to drag himself from the wreckage, dust off the ashes, and keep living and creating. "Mark Lanegan—primitive, brutal, and apocalyptic. What's not to love?" —Nick Cave, author of The Sick Bag Song and The Death of Bunny Munro

Lisa Smith was a bright, young lawyer at a prestigious firm in NYC in the early nineties when alcoholism started to take over her life. What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. Girl Walks Out of a Bar is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. Girl Walks Out of a Bar is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the façade of success lies the reality of addiction. Debauched, divorced and courting death, Billy Ray Schafer is a comedian who has forgotten how to laugh. Over the course of seven spun-out days across the American Southwest, he travels from from hell gig to hell gig in search of a reason to keep living in this bleak and violent glimpse into the psyche of a thoroughly ruined man. Ex-inmate, ex-husband, ex-father - comedian is the only title Schafer has left. Trapped in the wreckage of his wasted career, Billy Ray knows the answer to the question: what happens when the opportunity doesn't come - or worse - it comes and goes? Four Bears: The Myth of Forgiveness: isn't a simple memoir; it is a graphically illustrated guide from tortured child, to remorseless beast, to healing and change. This book is about helping others find

their way out of their history and into the here and now. Proof that what once held you down can now hold you up. After the book reflects on a horrific upbringing it looks to offer key and ground breaking insights of the inner workings of the mind of a victim and later a perpetrator of hate and violence. Service providers working in treatment centers and institutional settings would greatly benefit from this work. Anyone facing issues with forgiveness and change might find a process toward healing and recovery. 'Intelligent, compassionate, and so fiercely, prodigiously brave. This is the essay at its creative, philosophical best' Eleanor Catton, author of *The Luminaries* on *THE EMPATHY EXAMS* A profound exploration of the oceanic depths of longing and obsession, *Make It Scream, Make It Burn* is a book about why and how we tell stories. It takes the reader deep into the lives of strangers - from a woman healed by the song of 'the loneliest whale in the world' to a family convinced their child is a reincarnation of a lost pilot - and asks how we can bear witness to the changing truths of other's lives while striving to find a deeper connection to the complexities of our own. The shocking true story of a bizarre kidnapping and the victims' re-victimization by the justice system. In March 2015, Denise Huskins and her boyfriend Aaron Quinn awoke from a sound sleep into a nightmare. Armed men bound and drugged them, then abducted Denise. Warned not to call the police or Denise would be killed. Aaron agonized about what to do. Finally he put his trust in law enforcement and dialed 911. But instead of searching for Denise, the police accused Aaron of her murder. His story, they told him, was just unbelievable. When Denise was released alive, the police turned their fire on her, dubbing her the "real-life 'Gone Girl'" who had faked her own kidnapping. In *Victim F*, Aaron and Denise recount the horrific ordeal that almost cost them everything. Like too many victims of sexual violence, they were dismissed, disbelieved, and dragged through the mud. With no one to rely on except each other, they took on the victim blaming, harassment, misogyny, and abuse of power running rife in the criminal justice system. Their story is, in the end, a love story, but one that sheds necessary light on sexual assault and the abuse by law enforcement that all too frequently compounds crime victims' suffering. AT A TIME WHEN MANY ARE SEEKING INSTANT GRATIFICATION, A SHORTCUT TO SUCCESS, A PROVEN HACK TO MASTERY, OR A COMFORTABLE WAY THROUGH PERSONAL TRANSFORMATION, RICH ROLL HAS MADE HIS PROCESS PUBLIC-AN EXERCISE IN COUNTER-PROGRAMMING THAT HAS RESONATED WITH A GLOBAL AUDIENCE. Central to his ongoing quest to unlock his best self, Rich has spent the last eight years convening with unique thinkers in medicine, business, human performance, spirituality, and the arts, broadcasting the enduring wisdom of this guests through his acclaimed podcast. Each conversation is a long-form deep dive shepherded by Rich's insatiable curiosity and earnest quest for universal truths, life lessons, and the enduring inspiration that we can all benefit from. *Voicing Change* is a highlight reel of some of the weekly magic that transpires between one of the podcast medium's most influential hosts and today's most accomplished-or sometimes most cutting edge-minds and personalities. Would you be able to grant the same forgiveness that you're so desperately seeking yourself? Jillian O'Rourke's marriage died long before her husband's tragic accident. Years of battling with infertility and demanding careers melted their once solid relationship. Bearing the burden of guilt over his death, Jillian gets lost in despair and a series of "what-ifs". But one chance encounter with a stranger, changes everything. Now being faced with newfound knowledge and a painful decision, Jillian must push past her anger, learn to forgive and open her heart in ways she never could've imagined. As she comes to grips with the devastation of her past, she learns to embrace the possibility of a future she never thought possible. A bittersweet story of love, forgiveness, and the unexpected destiny that is sometimes handed to us in life from the people we meet along the way. A terrifying 1930s ghost story set in the haunting wilderness of the far north. January 1937. Clouds of war are gathering over a fogbound London. Twenty-eight year old Jack is poor, lonely and desperate to change his life. So when he's offered the chance to join an Arctic expedition, he jumps at it. Spirits are high as the ship leaves Norway: five men and eight huskies, crossing the Barents Sea by the light of the midnight sun. At last they reach the remote, uninhabited bay where they will camp for the next year. Gruhuken. But the Arctic summer is brief. As night returns to claim the land, Jack feels a creeping unease. One by one, his companions are forced to leave. He faces a stark choice. Stay or go. Soon he will see the last of the sun, as the polar night engulfs the camp in months of darkness. Soon he will reach the point of no return - when the sea will freeze, making escape impossible. And Gruhuken is not uninhabited. Jack is not alone. Something walks there in the dark... *We Can't Run Away From This*, the new book by bestselling author Damian Hall, is now available for pre-order. In *It for the Long Run* is ultrarunner Damian Hall's story of his Pennine Way record attempt in July 2020. In July 1989, Mike Hartley set the Fastest Known Time (FKT) record for the Pennine Way, running Britain's oldest National Trail in a little over two days and seventeen hours. He didn't stop to sleep, but did break for fifteen minutes for fish and chips. Hartley's record stood for thirty-one years, until two attempts were made on it in two weeks in the summer of 2020. First, American John Kelly broke Hartley's record by less than an hour, then Hall knocked another two hours off Kelly's time. Hall used his record attempt to highlight environmental issues: his attempt was carbon negative, he used no plastics, and he and his pacing runners collected litter as they went, while also raising money for Greenpeace. A vegan, Hall used no animal products on his attempt. Scrawled on his arm in permanent marker was 'FFF', signifying the three things that matter most to him: Family, Friends, Future. Packed with dry wit and humour, *In It for the Long Run* tells of Hall's four-year preparation for his attempt, and of the run itself. He also gives us an autobiographical insight into the deranged world of midlife crisis ultramarathon running and record attempts. The author of "Cowboys Are My Weakness" and "Waltzing the Cat" turns to nonfiction with essays that celebrate real-life adventures spanning five years and five continents. Through her stories, readers meet some good dogs, a few good men, and the occasional grizzly as Houston proves that fiction has nothing on real life. In the tradition of *Blackout* and *Permanent Midnight*, a darkly funny and revealing debut memoir of one woman's twenty-year battle with sex, drugs, and alcohol addiction, and what happens when she finally emerges on the other side. Growing up in Beverly Hills, Amy Dresner had it all: a top-notch private-school education, the most expensive summer camps, and even a weekly clothing allowance. But at 24, she started dabbling in meth in San Francisco and unleashed a fiendish addiction monster. Soon, if you could snort it, smoke it, or have sex with it, she did. Thus began a spiral that eventually landed her in the psych ward--and then penniless, divorced, and looking at 240 hours of court-ordered community service. For two years, assigned to a Hollywood Boulevard "chain gang," she swept up syringes (and worse) as she bounced from rehabs to halfway houses, all while struggling with sobriety, sex addiction, and starting over in her forties. In the tradition of *Orange Is the New Black* and *Jerry Stahl's Permanent Midnight*, this is an insightful, darkly funny, and shamelessly honest memoir of one woman's battle with all forms of addiction, hitting rock bottom, and forging a path to a life worth living. Contemplating universal issues of love, loss, forgiveness, transformation, and belief, *Inquire Within* shines a light on our lives and provides a wholly unique and dynamic lens through which to think about ourselves and our world. Rhythmic. Original. Authentic. Inspiring. A journey to the center of the soul, *Inquire Within* is a provocative and entertaining debut from an award-winning poet. You'll never look at poetry the same way again. A New York City firefighter's emotional and inspiring memoir of learning to run again after a debilitating accident. "The Long Run" is an emotional and incredibly honest story about Long's determination to fight through fear, despair, loneliness, and intense physical and psychological pain to regain the life he once had. Have a day or two to play? Take a short break from Denver or Boulder—Erin Barnes has done all the planning! More and more people are discovering the appeal of Colorado, moving to Boulder and Denver in growing numbers. The cities are great, but there's so much more to this state! Hikes, festivals, camping excursions, brewery tours, and much more are within striking distance of these big cities. Whether readers are looking to hear great music and tour artisan distilleries in Fort Collins or enjoy art walks and cliff camping in Estes Park, Colorado has unique experiences to offer on all ends of the spectrum. Taking you down the road less traveled, *Easy Weekend Getaways from Denver & Boulder* will inspire locals and tourists alike to make the most of each weekend. This is the ultimate customizable guide to everything from UFO watchtowers to ashrams in the wilderness. With carefully curated chapters organized around various hobbies and interests, Erin Barnes has planned the perfect weekend. David Clark is a formerly obese alcoholic and fast food junkie who found a new life in running. Now, thirteen years after his transformation, he shares his inspiring story of taking running to the extreme edge of his physical and spiritual breaking points. Having run more than a hundred races, including the Leadville 100-Mile Trail Run and the Hardrock 100, David has achieved unimaginable success in the ultramarathon world, considering his humble start. From barely finishing his first 5k to running 100 miles in less than eighteen hours, David shatters the notion that the front of the pack is a birthright. Among his many outlandish adventures, David talks about doing ten epic events in one year to celebrate his tenth year of sobriety. This mind-bending year of running included running the Boston Marathon four times in one day, running 343 laps around a high school track and running 48 hours on a treadmill. You will feel like you are running alongside him as he navigates his vision quest-all the while hallucinating and breaking from reality in one of the most epic Badwater 135 race experiences ever told. David's story is raw, honest and pure adrenaline-laden inspiration as he shares his unique brand of Americana and Heavy Metal Buddhism. This book has far more to offer and than just miles travelled and mountains climbed. It's about trying to find a way station of balance somewhere in a world of extremes. It's about running to create a legacy and develop your own inner strengths. After reading *Broken Open*, you'll never doubt how strong you can be, how much you can endure, or whether or not you are capable of finding true happiness.

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