

## American Badass

Author, Elizabeth Niccole Crank is a former reading intervention teacher from ATX, grew up in Lubbock and Westlake, Tx. Former UT Title IX athlete and second place finisher of the Austin marathon in 2010 and best race in Boston with a 2:53. She has 3 sons. Yet the essays are based on Victoria's life, a similar runner with a similar story. The World Spun to a Stillness... Imagine that in order to have the life God set out for you to have in this world, you needed to complete a series of challenges: just standard pragmatic and yet specialized womanly tasks. Nonetheless, for whatever reason, the modern day duties seemed to shift. Peculiarly, the irony takes on a life in time because you have no idea you have three stress fractures until you are running in the Olympic Trials Qualifier and that is when your pain becomes intolerable, and your life flashes in burst; thereby, ruining your heroic reputation. Imagine, you go onto earn this hypothetical badass card because people think the feat, for a mom of three, is evidence of an amazing effort. And after training for the Olympic trials, continuing to raise your three boys, further pursuing the appraisal field, and after becoming more thoroughly integrated into the cool running group who has helped you attain "Amazing Cool Chick and Kids Status: " You realize half of the city sees this cool running organization to be more of a friendly cult! More pointedly, it isn't the cult that ends up being the problem, but a community of random out of townies. The townies which congregate in your Stepford and "Purge" like neighborhood. The "secret" and exploited injury sidelines you. Because of your stepdad's threatens to ... cut you off-- familial...it is upon their leaving the state with your kids permission-less, in which you end up dating a cool VP of a creative company. Ironically, he's the European chauvinistic version of an actor, but possesses killer instincts. The downside is he charts most of your habits, sometimes stalks you, and seems sexist. Although, he is very entertaining. Afterwards, in your spare time, you finally reach a life goal of becoming a teacher, yet half of the youth preach about contemplating gang-banger Dom. And to top it off, your principal tells the school it's his life's dream to become either an undertaker or a casket salesman. It is during your off period on the last day of school. Imagine that you send a map of your location boasting a few frightful alien emojis to notate your dyer S.O.S. signal; Thereby, alerting anyone that's worth a damn as to where to find your dead body. "It's on the Eastside!" you type and beckon, "next to the taco truck and the house with foil, where the pimps use to stand." Whimsically, that is just in case the reading intervention materials are worth the gold you claimed on the way to your car. "Like yeah!" It's time to renew that badass cool-chick card, so your kids can actualize their sublime identities as well! No more dispassionate high fives, no more "have a nice evening," bobble headed, "hey don't I see you run sometimes?" gal! Imagine what it might take to earn back the American badass status...

New York Times bestselling author Jen Sincero gets to the core of

transformation: habits--breaking, making, understanding, and sticking with them like you've never stuck before. *Badass Habits* is a eureka-sparking, easy-to-digest look at how our habits make us who we are, from the measly moments that happen in private to the resolutions we loudly broadcast (and, erm, often don't keep) on social media. Habit busting and building goes way beyond becoming a dedicated flosser or never showing up late again--our habits reveal our unmet desires, the gaps in our boundaries, our level of self-awareness, and our unconscious beliefs and fears. *Badass Habits* features Jen's trademark hilarious voice and offers a much-needed fresh take on the conventional wisdom and science that shape the optimism (or pessimism?) around the age-old topic of habits. The book includes enlightening interviews with people who've successfully strengthened their discipline backbones, new perspective on how to train our brains to become our best selves, and offers a simple, 21 day, step-by-step guide for ditching habits that don't serve us and developing the habits we deem most important. Habits shouldn't be impossible to reset--and with healthy boundaries, knowledge of--and permission to go after--our desires, and an easy to implement plan of action, we can make any new goal a joyful habit.

Packed with humor, inspiration, and advice, *You Are a Badass* is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, and Make some damn money already. The kind you've never made before. By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

**Get Your Copy - Special Launch Price** One of the most influential heavy metal bands of all time, Metallica, is a band known around the world. Their fast, aggressive sound and deep, unapologetic lyrics initially stole the headbanging affection of the underground metal scene. Metallica continued to evolve their music across several metal subgenres, building their fanbase worldwide, until they exploded into fame. This trivia book covers the history and influence of Metallica beginning with their formation until their status in the year 2021. A series of multiple choice and true or false questions open each chapter, with corresponding answers on the page following. Additional interesting facts and stories close each chapter in the "Did You Know" portion, so you can depart this book with an in-depth knowledge of, and connection to, the band. Use this book to test your knowledge with a round of trivia about Metallica's history, people, stories, moments, and music. Whether you consider yourself a Metallica fanatic or are seeking to discover more about the band, this book offers the opportunity

to reinforce your knowledge of one of the most prolific and successful metal bands in history. Let's see how much you know about Metallica! Click "Buy Now" to get yours!

From the #1 New York Times bestselling author, reach your goals with this pocket-size inspiration and guidance to keep your transformation on track For anyone who has ever had trouble staying motivated while trailblazing towards badassery, *You Are a Badass Every Day* is the companion to keep you fresh, grateful, mighty, and driven. In one hundred exercises, reflections, and cues that you can use to immediately realign your mind and keep your focus unwavering, this guide will show you how to keep the breakthroughs catalyzed by Sincero's iconic books *You Are a Badass* and *You Are a Badass at Making Money* going. Owning your power to ascend to badassery is just the first step in creating the life you deserve—*You Are A Badass Every Day* is the accountability buddy you can keep in your back pocket to power through obstacles, overcome the doubts that hold you back from greatness, and keep the fires of determination roaring while you reach your goals.

Ron Watson, former playboy, newly minted Internet celebrity, and zombie, has settled into a mundane everyday lifestyle in Las Vegas with his pregnant zombie girlfriend Maria, his rebellious teenaged daughter Stella, and his favorite bar, Carnival Court, where his best friend Jim and all of his goofy flair bartender pals can be found. Life - or death, as befits his zombie status - is nice and boring. Until it isn't. Werewolves, rogue Elvis impersonators, and poopy diapers conspire to threaten Ron's idyllic not-quite-human existence. Meanwhile, rumors of a zombie antidote abound, Stella's very existence is threatened, and Jim is kidnapped and taken to a library, leading Ron to wonder: Who the f\*\*\* goes to libraries anymore? And if I don't get shot in the head trying to save everybody, can I eventually learn how to be a family zombie? Or is there another destiny for me? Muscle cars, seven seconds of sex, reality television, a delicious hazelnut spread, and bro-country music collide in this sequel to the best-selling - okay, better-selling - okay, so we sold a few copies - zombie comedy, *American Badass* (soon to be a feature film!). So pull up a barstool, order a cocktail from your favorite flair bartender, settle in, and enjoy. BRAINS!

This timely collection provides a historical overview of violence in American popular culture from the Puritan era to the present and across a range of media.

- Provides a narrative of the development of violence in American popular culture, illustrating both continuity and change
- Combines an overview of each essay's subject matter with in-depth analysis of specific examples
- Features discussion of well-known portrayals of violence, such as film and television, as well as lesser-known sources—for example, murder ballads and Puritan sermons—helping readers place contemporary concerns and examples into a detailed historical context
- Suggests directions for future research and other developments in the field
- Includes a keyword index to enable readers to track continuities across the various essays

This volume collects work by several European, North American, and Australian academics who are interested in examining the performance and transmission of post-traumatic memory in the contemporary United States. The contributors depart from the interpretation of trauma as a unique exceptional event that shatters all systems of representation, as seen in the writing of early trauma theorists like Cathy Caruth, Shoshana Felman, and Dominick LaCapra. Rather, the chapters in this collection are in conversation with more recent readings of trauma such as Michael Rothberg's "multidirectional memory" (2009), the role of mediation and remediation in the dynamics of cultural memory (Astrid Erll, 2012; Aleida Assman, 2011), and Stef Craps' focus on "postcolonial witnessing" and its cross-cultural dimension (2013). The corpus of post-traumatic narratives under discussion includes fiction, diaries, memoirs, films, visual narratives, and oral testimonies. A complicated dialogue between various and sometimes conflicting narratives is thus generated and examined along four main lines in this volume: trauma in the context of "multidirectional memory"; the representation of trauma in autobiographical texts; the dynamic of public forms of national commemoration; and the problematic instantiation of 9/11 as a traumatic landmark.

Asian-American superheroines Evie Tanaka and Aveda Jupiter protect San Francisco from perilous threats in the second book in Sarah Kuhn's snarky and smart fantasy trilogy • "The superheroine we've been waiting for." —Seanan McGuire

Once upon a time, Aveda Jupiter (aka Annie Chang) was demon-infested San Francisco's most beloved superheroine, a beacon of hope and strength and really awesome outfits. But all that changed the day she agreed to share the spotlight with her best friend and former assistant Evie Tanaka—who's now a badass, fire-wielding superheroine in her own right. They were supposed to be a dynamic duo, but more and more, Aveda finds herself shoved into the sidekick role. Where, it must be said, she is not at all comfortable. It doesn't help that Aveda's finally being forced to deal with fallout from her diva behavior—and the fact that she's been a less than stellar friend to Evie. Or that Scott Cameron—the man Aveda's loved for nearly a decade—is suddenly giving her the cold shoulder after what seemed to be some promising steps toward friendship. Or that the city has been demon-free for three months in the wake of Evie and Aveda's apocalypse-preventing battle against the evil forces of the Otherworld, leaving Aveda without the one thing she craves most in life: a mission. All of this is causing Aveda's burning sense of heroic purpose—the thing that's guided her all these years—to falter. In short, Aveda Jupiter is having an identity crisis. When Evie gets engaged and drafts Aveda as her maid-of-honor, Aveda finally sees a chance to reclaim her sense of self and sets out on a single-minded mission to make sure Evie has the most epic wedding ever. But when a mysterious, unseen supernatural evil rises up and starts attacking brides-to-be, Aveda must summon both her superheroine and best friend mojo to take down the enemy and make sure Evie's wedding goes off without a hitch—or see both her city and her most important friendship destroyed forever.

Winner of a 2016 Association of Catholic Publishers Excellence in Publishing Award: Inspirational Books (First Place). In this edgy, honest, and often audacious book of Catholic spirituality, blogger and popular podcaster Maria Morera Johnson explores the qualities of twenty-four holy women who lived lives of virtue in unexpected and often difficult circumstances. In *My Badass Book of Saints*, Johnson shares her experience as a first-generation Cuban-American, educator of at-risk college students, and caregiver for a husband with Lou Gehrig's disease. Through humorous, empowering, and touching portraits of twenty-

four spiritual mentors who inspired her, Johnson shows how their bravery, integrity, selflessness, perseverance, and hope helped her and can help others have courage to reach for a closer connection to God. She presents remarkable holy women and saints--including the gun-toting Servant of God Sr. Blandina Segale who tried to turn the heart of Billy the Kid, and Nazi resister Irena Sendler who helped smuggle children out of the Warsaw Ghetto during World War II--in a way that brings their vivid personalities to life and helps readers live out the challenges of their lives with virtue and conviction. The book includes a group discussion guide.

Unruly Media argues that we are the crest of a new international style in which sonic and visual parameters become heightened and accelerated. This audiovisual turn calls for new forms of attention. Post-classical cinema, with its multi-plot narratives and flashy style, fragments under the influence of audiovisual numbers and music-video-like sync. Music video becomes more than a way of selling songs. YouTube's brief, low-res clips encompass many forms and foreground reiteration, graphic values and affective intensity. These three media are riven by one another: a trajectory from YouTube through music video to the new digital cinema reveals commonalities, especially in the realms of rhythm, texture and form. This is the first book to account for the current audiovisual landscape across medium and platform, and it demonstrates that attending equally to soundtrack and image reveals how these media work and how they both mirror and shape our experience.

"This book analyzes Franklin D. Roosevelt's construction as a cultural icon in American memory from two perspectives. First, the author examines the historical leader who intentionally shaped his own public image. Second, she looks at portrayals and negotiations of FDR as an icon in cultural memory from the vantage point of the early twenty-first century"--american bad ass

Desire. Ruthless aggression. Attitude. Respect. New blood. Returning legends. Departing heroes. Icon vs. Icon. The Draft. Separate camps. Unified titles. An Undisputed Championship. Same-sex weddings. Broken vows. Three minutes. One last run. World Wrestling Entertainment™ entered 2002 with a Royal Rumble®, and left it with the Armageddon™-like force of an F-5 hurricane. This is your ringside seat to the defining moments of the past twelve months. Relive the greatest matches of every Raw®, SmackDown!® and WWE™ Pay-Per-View in 2002, including WrestleMania™ X8, SummerSlam® and Survivor Series, as well as U.K. exclusives Insurrexion™; and Rebellion™. Submit to the finishing moves of WWE Superstars like The Rock®, Hollywood Hulk Hogan,™ Undertaker®, Triple H,™ Kurt Angle,™ Ric Flair,™ Rob Van Dam,™ and Brock Lesnar.™ This is your premier backstage pass, recapping events beyond the confines of the squared circle in 2002. Witness the corporate machinations of Mr. Vince McMahon,™ Ric Flair, Eric Bischoff™ and Stephanie McMahon™ as they wrestled for WWE dominance. Stripped down to the bare essentials are the Divas Trish Stratus,™ Torrie Wilson,™ and Stacy Keibler.™ Review the WWE owner's Confidential™ words over Stone Cold Steve Austin™'s sudden exit from the organization. You travel first class all the way as The World Wrestling Entertainment Yearbook 2003 Edition jets to the best venues across the United States, Canada, Europe, and the rest of the world. Get the celluloid facts from Tinseltown behind The Rock's blockbuster film The Scorpion King. Avoid a beatdown from Chris Jericho® while getting the music lowdown on his band Fozzy, last summer's Ozzyfest tour and numerous WWE CD compilations. Take part in the "SmackDown! Your Vote™" campaign trail, along with last year's other fundraisers and events that established the WWE as more than the undisputed leader in sports entertainment. It's time to put on the T-shirt of a favorite WWE Superstar, grab some snacks, pull up a steel chair and wooden table, and experience The WWE Yearbook 2003 Edition. Just don't read it under a ladder.

Medium Cool

There have been countless badass women who have changed the world for the better, yet

most people have never even heard of them. Women throughout history have fought for their rights and the rights of others, defended their countries during wartime, healed the sick and the wounded, invented new technologies, led countries, made inspiring art... and so much more! This collection of biographies and quick trivia facts aims to tell the stories of the courageous and tenacious women who have paved the way for the women of the future. In *The Great Book of Badass Women*, you'll get to know: ?Ching Shih: from Prostitute to Pirate Queen ?Ruth Bader Ginsburg: Notorious Supreme Court Justice ?Frida Kahlo: Trailblazer, Artist, Icon ?The Mirabal Sisters: Revolutionaries and Martyrs ?Hedy Lamarr: Inventor and Beauty Queen There have been so many badass women in history, that it was nearly impossible to choose only 15 of them. Women have been badass because they have to be, and they'll continue to fight for their rights until they have them. Although women-especially women of color-have largely been excluded from our history books, these unsung heroes have always been there, kicking ass. By telling their stories, we preserve their legacies and inspire others to follow in their footsteps. These are just a few of those heroes in *The Great Book of Badass Women*, but many women are heroes every day, and we will probably never know most of their names. Grab a copy now and get ready to learn about them all!

*American Badass* is the true story of a modern day Spartan. Dale Comstock is a Delta Force Operator - a member of America's secret army; the most enigmatic and combat tested elite counter-terrorism unit in the world. In his action packed story we journey with him from boyhood to manhood into a world of extreme violence where he learns the values of hard work, sacrifice, and love of family. As he succeeds and fails as a Delta Force Operator, Green Beret, husband and father, he elevates the meaning of being an American to being an American Badass.

Oil is discovered in the East China Sea, and Taiwan's charismatic leader, David Chu-Yen, declares independence from mainland China in the face of Beijing's threat to invade. London journalist David Goldman, sent to cover the story, quickly finds that all is not as it first seems on the offshore island. Nuclear weapons pointing at China seem to have been hidden in the mountains by mysterious Asian secret societies. America's top general, ordered to stop the invasion, has his own secret agenda which stops nothing short of regime change in Beijing. For America's first lady president, this is the fast-track to Armageddon as she asks, "Just whose finger is on the nuclear button?"

The badasses populating the pages of *Badass* are the most savagely awesome historical figures to ever strap on a pair of chain mail gauntlets and run screaming into battle. Author Ben Thompson—considered by many to be the Internet's foremost expert on badassitude—has gathered together a rogues' gallery of butt-stomping rogues, from Julius Caesar and Genghis Khan to Blackbeard, George S. Patton, and Bruce Lee. Their bone-breaking exploits are illustrated by top artist from the fields of gaming, comics, and cards—DC Comics illustrator Matt Haley and Thomas Denmark, illustrator for the collectible card game *Magic: The Gathering*. This is not your boring high school history—this is tough, manly, unrelentingly Badass!

*American Badass* The True Story of a Modern Day Spartan

*American Badass* follows the success of *The Complete Poetic Works of Michael Madsen, Vol I: 1995-2005* (c. 2005 13 Hands Publications) and *Signs of Life* (c. 2006 13 Hands Publications). This is Madsen's anticipated eighth book of new poetry selections which features never before seen candid celebrity shots and badass photos from his movies off and on the sets.

This volume examines the ways in which the media, including film, television, social media, and gaming has constructed and sustained a narrative of white supremacy that has entered mainstream American discourse. With chapters by today's preeminent critical race scholars, the book looks in particular at the ways media institutions have circulated white supremacist ideology across a wide range of platforms and texts that have had significant impact on

shaping our current polarized and racialized social and political landscape. Systematically scrutinizing every media platform, this volume provides readers with an understanding of the ways in which media has provided institutional support for white supremacist ideology, and presents them with the means to examine and analyze the persistence of these narratives within our racial discourse, thus offering the necessary knowledge to challenge and transform these racially divisive and destructive narratives. *White Supremacy and the American Media* will be of interest not only to scholars working in critical race studies and popular culture in the United States, but to those working in the fields of Film and Television Studies, Sociology, Geography, Art History, Communication and Media Studies, Cultural Studies, American Studies, Popular Culture, and Media Studies.

There you are with your grande latte and designer sunglasses pushed up in your hair, wondering what book to buy. Are you ready if the sh\*t hits the fan? Your supercomputer cell phone will either set you on fire or won't work at all, and your total lack of preparedness will make you one of the first victims. Just put this one back on the shelf because you don't really believe in this 'Apocalypse' garbage anyway. Your soft hands and sad excuse for a desk job have left you utterly worthless in a survival sense, and the fact that you just looked at your hands confirms it. There are plenty of safe picture books, with large, simple words that will not intimidate you. Just keep droning on mindlessly at your meaningless job and forget that our existence on this planet could end at a moment's notice.

In 2006, U.S. Navy SEAL Chris Kyle accepted his deadliest mission yet--to protect the city of New Orleans from rapists, looters and other criminals in the aftermath of Hurricane Katrina. Later, the mainstream media derided Kyle's heroism in Louisiana, claiming it was "preposterous" and "unverifiable." This eye-opening account sets the record straight, and it further secures the American Sniper's legacy as our nation's deadliest warrior.

"A cheerful manifesto on removing obstacles between yourself and the income of your dreams." —New York Magazine From the #1 New York Times bestselling author of *You Are a Badass®*, a life-changing guide to making the kind of money you've only ever dreamed of. *You Are a Badass at Making Money* will launch you past the fears and stumbling blocks that have kept financial success beyond your reach. Drawing on her own transformation—over just a few years—from a woman living in a converted garage with tumbleweeds blowing through her bank account to a woman who travels the world in style, Jen Sincero channels the inimitable sass and practicality that made *You Are a Badass* an indomitable bestseller. She combines hilarious personal essays with bite-size, aha concepts that unlock earning potential and get real results. Learn to:

- Uncover what's holding you back from making money
- Give your doubts, fears, and excuses the heave-ho
- Relate to money in a new (and lucrative) way
- Shake up the cocktail of creation
- Tap into your natural ability to grow rich
- Shape your reality—stop playing victim to circumstance
- Get as wealthy as you wanna be

"This book truly crystallizes the concept that financial abundance is an inside job—in that it all begins with your mindset—and Sincero gets serious (in the funniest ways possible) about helping you identify your particular limiting beliefs surrounding money." —PopSugar

Growing a baby? Got to name it? No sweat. Take naming inspiration from the ultimate, most kick ass men and women in history. This baby name book is an A-Z of total badasses, explains what gives them serious swagger and the reasons

why they are worthy of being your future son or daughter's moniker. From the world-changers and fearless adventurers, to the whip-smart inventors and scientists of the last five centuries, why not name your little bundle after humans to admire, celebrate and love? Take name ideas from those who kicked Fascist ass to the kings and queens taking bravery to another level, or from a doctor with so much badassitude he saved his own life blindly removing his appendix in the middle of the Antarctic. This is the book for every parent-to-be looking for inspirational name ideas for their future badass baby.

History is filled with incredible stories of the mountain men, experts in survival who relied on nothing except their own skills and ingenuity. If you want to learn to be one of them, then this is the book for you. *Badass Survival Secrets* will introduce you to everything that you need to be a modern day mountain man. You'll learn how to construct shelter, build fires, how to track and hunt your food, how to find clean water, and how to stay warm in brutal climates. Everything that you need to become a badass survivalist expert is in this book. You're a backpacker or a hunter lost in the woods after sundown; what do you do? Your car flips over on an empty highway; how will you survive until morning? If you were left alone in the middle of the wilderness, would you be able to make it? While current technology, such as cell phones and GPS, is helpful, when you are lost in the wilderness the best things you can rely on are your own skills. *Badass Survival Secrets* will introduce you to everything that you need to survive when the unexpected happens. In this book you'll learn basic survival skills such as:

- How to build a fire
- How to find clean water
- How to find food that is safe to eat
- How to build a shelter
- Basic navigation
- And many more useful skills!

From the forest, to the tundra, and everywhere in between, *Badass Survival Secrets* contains all that you need to become a badass survivalist expert. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Winner of the Man Booker Prize Winner of the National Book Critics Circle Award in Fiction Winner of the John Dos Passos Prize for Literature New York Times Bestseller Los Angeles Times Bestseller Named One of the 10 Best Books of the Year by The New York Times Book Review Named a Best Book of the Year by Newsweek, The Denver Post, BuzzFeed, Kirkus Reviews, and Publishers Weekly Named a "Must-Read" by Flavorwire and New York Magazine's "Vulture"



Blog A biting satire about a young man's isolated upbringing and the race trial that sends him to the Supreme Court, Paul Beatty's *The Sellout* showcases a comic genius at the top of his game. It challenges the sacred tenets of the United States Constitution, urban life, the civil rights movement, the father-son relationship, and the holy grail of racial equality—the black Chinese restaurant. Born in the "agrarian ghetto" of Dickens—on the southern outskirts of Los Angeles—the narrator of *The Sellout* resigns himself to the fate of lower-middle-class Californians: "I'd die in the same bedroom I'd grown up in, looking up at the cracks in the stucco ceiling that've been there since '68 quake." Raised by a single father, a controversial sociologist, he spent his childhood as the subject in racially charged psychological studies. He is led to believe that his father's pioneering work will result in a memoir that will solve his family's financial woes. But when his father is killed in a police shoot-out, he realizes there never was a memoir. All that's left is the bill for a drive-thru funeral. Fueled by this deceit and the general disrepair of his hometown, the narrator sets out to right another wrong: Dickens has literally been removed from the map to save California from further embarrassment. Enlisting the help of the town's most famous resident—the last surviving Little Rascal, Hominy Jenkins—he initiates the most outrageous action conceivable: reinstating slavery and segregating the local high school, which lands him in the Supreme Court.

Mark Naison exposes how dominant Education Reform policies destabilize low income communities.

Birthday Dot Grid Notebook Dot grid can be ideal as a guide for practicing handwriting and hand lettering, with the subtle guide allowing you to control the height and width of letters Perfectly sized at 6"x9" 120 page softcover bookbinding flexible Paperback

This book is the origin story of American Badass, a new comic book character by creator Scott Leopold. American Badass is the protector of abandoned children and punisher of those who hurt them. Two events in his life influence Scott Locke aka American Badass. The first, his abusive stepfather and secondly, the loss of his wife and kids. To deal with these events, Scott seeks revenge by pledging to protect children from the evils he endured as a child. American Badass will keep you turning the pages as you witness Scott transform into Americans greatest antihero.

Punch Boring in the Face Pump up your fitness routine by following former Olympic boxer Jennifer Dugwen Chieng's badass boxing regimen. It's a high-intensity, full-body workout that is just as fun as it is impactful! This book teaches classic boxing techniques with lessons on footwork, punches, endurance, core strengthening and more. Hooks, Uppercuts & Strikes Intense Crunches Partner Work Quick Feet & Sprints The exercises in *Badass Boxing Workouts* really pack a punch. You'll find yourself gaining stability, muscle tone, stamina and self-improvement, all while transforming your body and kicking ass.

Birthday Lined Notebook small diary/journal/notebook to write in. for creative

writing, creating list, for scheduling, Organizing and Recording your thoughts. Perfectly sized at 6"x9" 120 page softcover bookbinding flexible Paperback Publishers Weekly Select Title for Young Readers ? A Daily Dose of Inspiration for Badass Black Girls Explore the many facets of your identity through hundreds of big and small questions. MJ Fievre tackles topics such as family and friends, school and careers, body image, and stereotypes in this journal designed for teenage girls. By reflecting on these topics, readers confront the issues that can hold them back from living their lives. Embrace authenticity and celebrate who you are. Finding the courage to live as you are is not easy, so here's a journal designed to help readers nurture their creativity, self-motivation, and positive self-awareness. This journal celebrates girl power and honors the strength and spirit of black girls. Change the way you view the world. This journal provides words of encouragement that seek not just to inspire, but to ignite discussion and debate about the world. Girls, especially, are growing up in a world that tries to tell them how to look and act. MJ Fievre encourages readers to fight the flow and determine for themselves who they want to be. Reading *Badass Black Girl: Quotes, Questions, and Affirmations for Teens* will help you:

- Build and boost your self-esteem with powerful affirmations
- Learn more about yourself through intensive and insightful journaling
- Resist the mold that outside opinions have put into place, and become comfortable and confident in embracing your authentic self

If books like *Just Between Us: Mother & Daughter*, *You Are a Girl Who Can Do Anything: A Very Special Book to Cheer You on and Help You Achieve Greatness*, *12 Rules for Life*, and *Well-Read Black Girl: Finding Our Stories, Discovering Ourselves*, have interested you, then *Badass Black Girl* is for you!

From the horrific to the heroic, cinematic werewolves are metaphors for our savage nature, symbolizing the secret, bestial side of humanity that hides beneath our civilized veneer. Examining acknowledged classics like *The Wolf Man* (1941) and *The Howling* (1981), as well as overlooked gems like *Dog Soldiers* (2011), this comprehensive filmography covers the highs and lows of the genre. Information is provided on production, cast and filmmakers, along with critical discussion of the tropes and underlying themes that make the werewolf a terrifying but fascinating figure.

Ron Watson wakes up one day to find himself dead. Yes, after an unplanned and unfortunate meeting on a Colorado highway with a semi-trailer truck carrying disposable diapers for orphaned babies, Ron Watson is now an everyday, run-of-the-mill divorced American zombie, with exactly two thoughts in his head: "Brains" and "Vegas." Sin City, land of dreamers, where Ron Watson goes to dream of being human again and to fit in amongst the drunken tourists, down-on-their-luck beggars and lights so bright that nobody will notice a zombie shuffling around. But Las Vegas has other plans for Ron, as it often does for its visitors, and once there he discovers that he may not be the Last Zombie Standing, becomes an Internet meme for no reason at all, and gets drunk, laid, and fed...all while

struggling with age old questions: Can a zombie date a human without wanting to turn the human into a meal? Can a zombie be an adequate parent? Do zombie joke punchlines translate in a human world? Is modern celebrity status as vacuous, hollow, and fleeting as it appears? And most importantly, is it better to be human or zombie? The answer may surprise you. "Poignant, funny, and edgy. In his debut novel American Badass, Jeff Chacon takes us on a wild trip to Las Vegas. Instead of fear and loathing, we get humor and heart." - Jonna Gjevre, author of Requiem in La Paz. "Think you know all about zombies? Think again. In Chacon's mind they are principled, loyal friends and fathers with more than brains on their minds. And they are funny—above all else they are hilariously funny. Part zombie, part comedy, part social commentary, American Badass says as much about the living as it does the reanimated." - Jack Maness, author of Song of the Jawhawk "Ron Watson is my new hero. Sure, he's dead, but he's evolving (re-volving?). He eats only people we'd want him to eat, has enough couth to duct tape his own body parts together, and is trying to patch up old relationships - inadvertently forcing the question: Is it better to be a bad human or a good zombie? Strap in, bitches. This fresh, funny, irreverent Z-ride goes to 11." - Floyd Jones, author of the forthcoming novel Blueberry "I don't have to read it, I was sitting next to Jeff at Carnival Court when he came up with everything." - Anthony Reynoso, co-author of E-Male: of Mouse and Men "BRAINS." - Ron Watson, Zombie

The United States has been invaded. The Russians have seized control. Now US Marine hero Tyce Asher has one final mission—to make America free again—in this explosive series from Lt. Col. Hunter “Rip” Ripley Rawlings IV . . . THE CITIES HAVE FALLEN. America is under new management. Russian forces have occupied both coasts. They are taking our weapons, pillaging our resources, and destroying our nation. Those who resist are swiftly punished. Those who revolt are savagely killed . . . THE HEARTLAND FIGHTS BACK. Marine Corp officer Tyce Asher is a lone wolf patriot who will never surrender. He’s assembled a ragtag team of long-haul truckers and citizen soldiers willing to die for their freedoms. Their network has learned that the invaders are planning to seize cargo that will bring America to its knees—and a sadistic Russian has marked Asher for death. There is only one way to stop them: Asher and his team must meet the enemy face-to-face—and enter the Kill Box . . . RAVES FOR ASSAULT BY FIRE “Exploding with action, Lt. Col. Rip Rawlings’s rapid-fire thriller, Assault by Fire, is a must read!” —Mark Greaney, #1 New York Times bestselling author of One Minute Out “Direct from his own combat experiences, Marine Lt. Col. Rip Rawlings brings the heat and fire to life.” —Marc Cameron, New York Times bestselling author “Combat vet Rip Rawlings is a bang-up storyteller.” —Capt. Dale Dye USMC (Ret.), author and filmmaker “Rip Rawlings writes from experience, and blasts the reader straight into the fight and never lets up.” —New York Times bestselling author Larry Bond

**\*\*One of Sports Illustrated's Best Sports Books of 2017\*\*** Controversial hockey

star Sean Avery's no-holds-barred memoir of high living and bad behavior in the NHL—coupled with the behind-the-scenes glitter of celebrity and media nightlife in New York and LA. As one of the NHL's most polarizing players, Sean Avery turned the rules of professional hockey on its head. For thirteen seasons, Avery played for some of the toughest, most storied franchises in the league, including the Detroit Red Wings, the Los Angeles Kings, and the New York Rangers, making his mark in each city as a player that was sometimes loved, often despised, but always controversial. In *Ice Capades*, Avery takes his trademark candidness about the world of pro hockey and does for it what Jim Bouton's game-changing *Ball Four* did for baseball. Avery goes deep inside the sport to reveal every aspect of an athlete's life, from what they do with their money and nights off to how they stay sharp and competitive in the league. While playing the talented villain in the NHL, Avery broke far away from his on-ice character in the off-season, and *Ice Capades* takes the reader inside the other unexpected and unprecedented roles that Avery inhabited—Vogue intern, fashion model, advertising executive, restaurateur, gay rights advocate, and many more. Love him or hate him, Sean Avery changed the way professional hockey is played today. Rollickingly honest and compelling throughout, *Ice Capades* transcends the “sports book” genre and offers a rare, unvarnished glimpse into the world of 21st century hockey through the eyes of one of its most original and memorable players.

Michael Madsen is more than just the critically acclaimed actor best known for his role as Mr. Blonde in Quentin Tarantino's *Reservoir Dogs*, he is also a prize winning poet. Michael's first professionally published book, *Burning in Paradise*, won the Independent Firecracker Award in 1998. *The Complete Poetic Works of Michael Madsen, Vol. I: 1995-2005*, which was published by 13 Hands Publications in 2005, is a complete ten year volume and compilation of his work. He has since chronicled his life and travels as an actor and photographer in *Signs of Life* (2006) and in 2008 Michael gained international attention when his book *Burning In Paradise* was translated in Norwegian for the first time. He has since then been invited to Italy and Mexico as a poet. Michael Madsen's forthcoming book, *American Badass*, will be released on September 25, 2009 and is a stunning photo journey of Madsen's iconic and cinematic history interspersed with new poetry. Michael Madsen continues to turn in edge-of-the-seat performances, but his poetry continues to tell the backstory of his life. This is a story of the 1970s. Of a road trip in a wood-paneled station wagon, with the kids in the way-back, singing along to the Steve Miller Band. Of brothers waking up early on Saturday mornings for five consecutive hours of cartoons. Of growing up in a magical era populated by Bic pens, Mr. Clean and Scrubbing Bubbles, lightsabers and those oh-so-coveted Schwinn Sting-Ray bikes. And of a father -- one of 3M's greatest and last eight-track salesmen -- traveling across the country on the brand-new Boeing 747, providing for his family but wanting nothing more than to get home. In *Sting-Ray Afternoons*, Steve Rushin paints an

utterly nostalgic, psychedelically vibrant portrait of a decade overflowing with technological evolution, cultural revolution, as well as brotherly, sisterly, and parental love. "Funny, elegiac... a remarkably sunny coming-of-age story about growing up in a Midwest world." -- NPR

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