

Enough To Make You Blush Exploring Erotic Humiliation

Aphra Behn (1640-89) was both successful and controversial in her own lifetime; her achievements are now recognized less equivocally and her plays, often revived, demonstrate wit, compassion and remarkable range. This edition brings together her most important comedies in a single volume: *The Rover*, her best-known play; *The Feigned Courtesans*, a lively comedy of intrigue; *The Lucky Chance*, a comedy with a bitter edge, which takes a satirical look at marriage customs; and the dazzling and popular farce, *The Emperor of the Moon*. All the plays have been newly edited and are presented with modernized spelling and punctuation.

Featuring the acclaimed novella *The Old Woman* and darkly humorous short prose sequence *Events (Sluchai)*, *Today I Wrote Nothing* also includes dozens of short prose pieces, plays, and poems long admired in Russia, but never before available in English. A major contribution for American readers and students of Russian literature and an exciting discovery for fans of contemporary writers as eclectic as George Saunders, John Ashbery, and Martin McDonagh, *Today I Wrote Nothing* is an invaluable collection for readers of innovative writing everywhere. Daniil Kharms has long been heralded as one of the most iconoclastic writers of the Soviet era, but the full breadth of his achievement is only in recent years, following the opening of Kharms' archives, being recognized internationally. In this brilliant translation by Matvei Yankelevich, English-language readers now have a comprehensive collection of the

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prose and poetry that secured Kharm's literary reputation a reputation that grew in Russia even as the Soviet establishment worked to suppress it.

Georgia, Charlie and Alice each arrive at Harvard with hopeful visions of what the future will hold. Just before graduation a classmate is found murdered on campus, and a charismatic professor who has loomed large in their lives is suspected of the crime. The unsettling questions raised by the case force the three friends to take a deeper look at their tangled relationship-- and the secrets they've kept from one another. Over the course of the next decade they must reckon with their own deceptions and shortcomings.

Two decades ago, this book (and its companion volume, *The New Bottoming Book*) began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just "how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised *New Topping Book* gives even more insights and ideas, updated for a new millennium, about how to be a successful, popular player!

"Easton and Hardy tackle the Top... and bring that elusive critter down neatly and with a certain flair. This is good stuff, important stuff... an excellent guide to topping, both for the rank novice and for the player who just wants words to put to all the thoughts and feelings that have resisted categorization." - Laura Antoniou, *Sandmuto* Guardian

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From the stand-up comedian, actress, and host beloved for her cheeky swagger, unique voice, and unapologetic frankness comes a book of comedic essays for fans of *Is Everyone Hanging*

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Out Without Me by Mindy Kaling and We're Going to Need More Wine by Gabrielle Union. If you've watched television or movies in the past year, you've seen Michelle Buteau. With scene-stealing roles in Always Be My Maybe, First Wives Club, Someone Great, Russian Doll, and Tales of the City; a reality TV show and breakthrough stand-up specials, including her headlining show Welcome to Buteaupia on Netflix, and two podcasts (Late Night Whenever and Adulthood), Michelle's star is on the rise. You'd be forgiven for thinking the road to success—or adulthood or financial stability or self-acceptance or marriage or motherhood—has been easy; but you'd be wrong. Now, in Survival of the Thickest, Michelle reflects on growing up Caribbean, Catholic, and thick in New Jersey, going to college in Miami (where everyone smells like pineapple), her many friendship and dating disasters, working as a newsroom editor during 9/11, getting started in standup opening for male strippers, marrying into her husband's Dutch family, IVF and surrogacy, motherhood, chosen family, and what it feels like to have a full heart, tight jeans, and stardom finally in her grasp.

In the same pulse-pounding style as Maya Banks and Kresley Cole, New York Times bestselling author Cherry Adair delivers a sizzling erotic romance about a sexy billionaire who's on the run—and the hit-man-turned-handyman who's supposed to kill her. Sex with a stranger. Learn to drive. Learn to cook. Learn to pole dance. Sex under the stars. Buy a truck. These are just a few of the things on Amelia Wentworth's bucket list, but as the CEO and face of a multi-billion-dollar cosmetic empire, she's never quite found the time to do them. Until, after a series of accidents, Amelia discovers that someone wants her dead. But who? And why? She has no time for questions as she changes her name to Mia, buys a secluded fixer-upper near the Louisiana bayou where no one will recognize her, and starts checking things off

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her bucket list like there's no tomorrow—which there might not be. Meanwhile, Cruz Barcelona is a hit man who's promised himself this will be his last job. Then he'll take the money and move to a warm, sunny place where he doesn't have to hide anymore. But when Cruz goes undercover to Mia's ramshackle house, he starts to realize there's far more to this poor-little-rich-girl than he thought—and he starts to fall for her. Which is going to make his job a whole lot harder...

High school and the difficult terrain of sexuality and gender identity are brilliantly explored in this smart, incisive ethnography. Based on eighteen months of fieldwork in a racially diverse working-class high school, *Dude, You're a Fag* sheds new light on masculinity both as a field of meaning and as a set of social practices. C. J. Pascoe's unorthodox approach analyzes masculinity as not only a gendered process but also a sexual one. She demonstrates how the "specter of the fag" becomes a disciplinary mechanism for regulating heterosexual as well as homosexual boys and how the "fag discourse" is as much tied to gender as it is to sexuality. What, exactly, do you know about your body? Do you know how your immune system works? Or what your pancreas does? Or the myriad -- and often simple -- ways you can improve the way your body functions? This full-color, visually rich guide answers these questions and more. Matthew MacDonald, noted author of *Your Brain: The Missing Manual*, takes you on a fascinating tour of your body from the outside in, beginning with your skin and progressing to your vital organs. You'll look at the quirks, curiosities, and shortcomings we've all learned to live

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with, and pick up just enough biology to understand how your body works. You'll learn: That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes, no matter how much you diet or exercise -- they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses' hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate -- with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session -- one that's neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumber cells in your body -- and what function they serve Why we age, and why we can't turn back the clock What happens to your body in the minutes after you die Rather than dumbed-down self-help or dense medical text, *Your Body: The Missing Manual* is entertaining and packed with information you can use. It's a book that may well change your life. Reader comments for *Your Brain: The Missing Manual*, also by author Matthew MacDonald: "Popular books on the brain are often minefields of attractive but inaccurate information. This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain. It has useful

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tricks without the breathless hype of many popular books."-- Elizabeth Zwicky, The Usenix Magazine "...a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources."-- James A. Cox, The Midwest Book Review - Wisconsin Bookwatch "If you can't figure out how to use your brain after reading this guide, you may want to return your brain for another."-- The Sacramento Book Review, Volume 1, Issue 2, Page 19 "It's rare to find a book on any technical subject that is as well written and readable as Your Brain: The Missing Manual. The book covers pretty much anything you may want to know about your brain, from what makes it up, through how it develops to how to mitigate the affects of aging. The book is easy reading, fact packed and highlighted notes and practical applications. So if you want to learn more about your brain, how it works, how to get the best out of it or just want to stave off the ravages of Alzheimers (see chapter ten for details of how learning helps maintain your brain) then I can't recommend this book highly enough."-- Neil Davis, Amazon.co.uk "MacDonald's writing style is perfect for this kind of guide. It remains educational without becoming overly technical or using unexplained jargon. And even though the book covers a broad scope of topics, MacDonald keeps it well organized and easy to follow. The book captures your attention with fun facts and interesting studies that any person could apply

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to their own understanding of human ability. It has great descriptions of the brain and its interconnected parts, as well as providing full color pictures and diagrams to offer a better explanation of what the author is talking about."-- Janica Unruh, Blogcritics Magazine

"First published in the United States of America by Viking Penguin Inc. 1953"--title page verso.

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of *The Shyness and Social Anxiety Workbook* offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation ; Explore and examine your fears; Create a personalized plan for change; Put your plan into action through gentle and gradual exposure to social situations.... Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world. Finding the perfect lip gloss? Easy. Finding your way in the world? A whole lot

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harder . . . Who would have thought that a teenager could have a successful career creating makeup tutorial videos on YouTube? For Lacey Robbins, this dream has been her reality. An up-and-coming YouTuber, she has thousands of fans and can't wait for the day when her subscriber count reaches the one million mark. And when she is offered a high school internship at On Trend Magazine, she figures that this could be the make it or break it moment. But sometimes your dream job isn't all that it seems. Her editor is only interested in promoting junk products, and her boss in the Hair and Makeup department introduces her to the larger world of makeup artistry, making her wonder if making tutorials online is all she is meant to do. To top it all off, when the magazine's feature subject, musician Tyler Lance, turns his broodingly handsome smile her way, falling for him could mean losing her fans, forcing her to make a decision: her YouTube life or her real life? Fans of Zoella's Girl Online will fall right into the world of this YA *The Devil Wears Prada* and stay hooked from the first blush to the last glossy kiss.

Kinksters often have to depend on erotica and porn to learn what kink looks and feels like, but unfortunately that can create a lot of myths, misunderstandings, and accidental mistakes. BDSM is focused on activities, but just going through the motions won't guarantee you'll have a happy, healthy experience. It can take

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years (and plenty of bad scenes) to help you learn exactly what you enjoy and why. But it doesn't have to if you spend time reflecting on your needs and limits ahead of time. In this workbook, Princess Kali will teach you how to have the most authentic and fulfilling kink experience possible. Over the last two decades in the kink scene, Kali has developed a straightforward method for discovering your most authentic kinky self. Journaling can be a great way to understand yourself. By putting your thoughts down on paper, it can be easier to self-reflect and examine insights more clearly. Exploring kink is a deeply personal experience; this workbook will help you have sexier, safer, more informed adventures. Inside you'll find:

- Personal evaluation
- Space to write out fantasies and plans for future scenes
- Over 100 thought-provoking questions
- Extensive activity and interest list
- Aftercare plan and trigger plan
- Safewords and other verbal shortcuts
- Creating rituals and protocols
- Negotiation form
- Verbal vocabulary list
- Kinky wish list
- And so much more!

Sixteen-year-old Prince Oliver, who wants to break free of his fairy tale existence, and fifteen-year-old Delilah, a loner obsessed with Prince Oliver and the book in which he exists, work together to seek Oliver's freedom.

She was a perfect baby, and she had a perfect name. Chrysanthemum.

Chrysanthemum loved her name—until she started school. A terrific read-aloud for

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the classroom and libraries!

Eleanor Ashcroft is at the top of her game. Revered by stockholders, feared in boardrooms and by employees all over the Eastern Seaboard, her life changes when she decides to restore an inherited makeup company to its former glory. While doing research, Eleanor discovers the YouTube makeup gurus and the most successful channel, “The Blush Factor,” becomes her guilty pleasure. She finds the much-younger woman in the videos mesmerizing and profoundly attractive in a way she had never felt about a woman before. Addison Garry loves makeup. A YouTube celebrity, her video tutorials and reviews attract hordes of viewers. When Eleanor wants Addison to do consulting for her company, Addison needs the money and knows she can’t refuse the infamous businesswoman. Working with Eleanor, Addison finds it hard to act strictly professional as she both fears her and dreams of winning her heart. Eleanor in turn realizes that her attraction to Addison is not a mere midlife crisis at all, but looks very much like love.

Cici.B is known for her amazing ability to make readers feel like they are walking beside her with every page that they turn, and this book is another testament to that. Fresh out of an intense break-up, and with her three closest friends by her side, Cici brings you with her as she learns what it means to take back control of her life, and to be her own woman. Completely raw

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and unfiltered, as always, she doesn't hold back. This is a story for the modern day grown woman. It will make you smile, laugh out loud, hold your breath, bite your bottom lip, and most importantly... Blush.

From acclaimed author Jamie Brenner comes a stunning new novel about three generations of women who discover that the scandalous books of their past may just be the key to saving their family's future. For decades, the Hollander Estates winery has been the premier destination for lavish parties and romantic day trips on the North Fork of Long Island. But behind the lush vineyards and majestic estate house, the Hollander family fortunes have suffered and the threat of a sale brings old wounds to the surface. For matriarch Vivian, she fears that this summer season could be their last—and that selling their winery to strangers could expose a dark secret she's harbored for decades. Meanwhile, her daughter, Leah, who was turned away from the business years ago, finds her marriage at a crossroads and returns home for a sorely needed escape. And granddaughter Sadie, grappling with a crisis of her own, runs to the vineyard looking for inspiration. But when Sadie uncovers journals from Vivian's old book club dedicated to scandalous novels of decades past, she realizes that this might be the distraction they all need. Reviving the "trashy" book club, the Hollander women find that the stories hold the key to their fight not only for the vineyard, but for the life and love they've wanted all along. Blush is a bighearted story of love, family, and second chances, and an ode to the blockbuster novels that have shaped generations of women.

The memoir of the infamous Dominatrix and fetish porn star, Mistress T.

Three decades ago, this book and its companion volume "The New Topping Book" began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just

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"how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Bottoming Book and New Topping Book give even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! What the experts are saying "The only way I can think of to learn more about bottming than Dossie Easton and Janet Hardy teach you in [The New Bottoming Book] is to go out and bottom for yourself." - William A. Henkin, Ph.D., co-author, Consensual Sadomasochism

Erotic humiliation goes far beyond the "Lick my boots!" stereotype. Princess Kali, a famous former Dominatrix and world-renowned Humiliatrix, throws open the dungeon doors to explore the complex desires that fuel this kind of psychological play for both dominants and submissives. Using both personal experience and extensive interviews she shares advice and detailed ideas for a broad range of embarrassing, humiliating, and degrading ways to enjoy consensual kinky fun. Also covered are important concepts such as communication, negotiation, consent, triggere, aftercare, and so much

National Book Award Longlist TIME's 10 Best YA and Children's Books of 2020 NPR's Best Book of 2020 Shelf Awareness's Best Books of 2020 Publishers Weekly's Big Indie Books of Fall Amazon's Best Book of the Month AICL Best YA Books of 2020 CSMCL Best Multicultural Children's Books of 2020 PRAISE "Stirring.... Raw and moving." —TIME "Beautiful imagery and with words that soar and scald." —The Buffalo News "Easily one of the best books to be published in 2020. The kind of book bound to save lives." —LitHub "A powerful narrative about

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identity and belonging." —Paste Magazine **FOUR STARRED REVIEWS** ? "Timely and important." —Booklist, starred review ? "Searing yet dryly funny." —The Bulletin, starred review ? "Exceptional." —Shelf-Awareness, starred review ? "Captivating." —School Library Journal, starred review The term "Apple" is a slur in Native communities across the country. It's for someone supposedly "red on the outside, white on the inside." In **APPLE (SKIN TO THE CORE)**, Eric Gansworth tells his story, the story of his family—of Onondaga among Tuscaroras—of Native folks everywhere. From the horrible legacy of the government boarding schools, to a boy watching his siblings leave and return and leave again, to a young man fighting to be an artist who balances multiple worlds. Eric shatters that slur and reclaims it in verse and prose and imagery that truly lives up to the word heartbreaking.

Garden with the confidence of a winner! Proven Winners is America's #1 plant brand. And now they are sharing their expert plant knowledge and creative design ideas in their first book, **The Proven Winners Garden Book**. This definitive guide starts with lessons on how to prepare a space, tips on choosing the right design, and a primer on buying the right plants. Twelve garden plans provide simple design ideas that will add curb appeal to your home garden. They include— A welcoming entryway A butterfly and pollinator garden A fragrant flower garden A shady summertime retreat A deer-resistant garden' There are an additional twenty-five container recipes that add color and pizzazz to gardens of all sizes—even on balconies and patios. The creative combinations include holiday themes, solutions for shade and other concerns, poolside ideas, and much more.

For millennia, seekers have used physical and emotional extremes to achieve transcendence and exaltation. Today, many **BDSM** and leather practitioners are discovering the potential of

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SM practice to reach personal, interpersonal and spiritual goals. In *Radical Ecstasy*, bestselling BDSM/sexuality authors Easton and Hardy document their own journeys into the transcendent realm of kink. With their trademark frankness and humor, they share their own stories and philosophies. They also share techniques that have worked for them - techniques which combine tantric breathing, visualization and movement with a combined half-century of BDSM experience - to create states of transcendence during solo and partnered sexual and BDSM practice. As outrageously revolutionary as any sex book published in the last decade, *Radical Ecstasy* sets the stage for the new millennium in BDSM and sacred-sex practices - a "must" for any kink, tantra, pagan or sacred-sex practitioner. "Amazingly mindful exploration of that which cannot be easily put into words... the ecstatic experience from sex to sadomasochism, from trance to intuition to archetypes and spiritual awakening. Totally real and personal. Not a 'how to' but a nurturing 'can do' book." - Fakir Musafar, father of the modern primitive movement. "Progressive, deliciously honest, and HOT HOT HOT! Dossie and Janet ask difficult questions about the nature of sex, intimacy and ecstasy, then they actually manage to answer the questions, plus turn us on when they do. These two erotically gifted women have a way with words - and sex. They raise the bar on erotic writing and sex education to new heights. I'm in awe." - Annie Sprinkle, Ph.D., prostitute/porn star turned sex guru/sexologist "Fascinating, heartfelt, honest, real stories of the heart/spirit/energy connection experienced in the passionate rituals of intimate consensual power play. These two courageous women write brilliantly of how erotic energies connect us with the big love we all seek from the source." - Cleo Dubois, educator, ritualist, video producer/star

Are you ready to unlock the keys to your biggest BDSM fantasies? Then this kink journal is for

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you! Designed to be used at any time of the year, these 365 questions and prompts are the perfect roadmap to build intimacy and take your kinky relationship to the next level. You can go through them daily or skip around to the ones that speak to your specific fetishes and kinks. Dive deep into topics like service submission, role-playing, BDSM titles, impact play, figuring out your kinky persona, aftercare and so much more. Maybe you have topping or bottoming fantasies, but haven't been sure how to live them out in the real world. Maybe you know what turns you on, but aren't sure where your boundaries are. Maybe you want to go deeper in your kinky play but are looking for a little guidance. This insightful journal from Kink Academy, the web's leading resource for adult sexuality education, helpfully addresses every aspect of BDSM, from specific acts to incorporating your kinky identity into your daily life. This journal has something for everyone—newbie or long-time kinkster, dominant, submissive or switch. You can use your answers to help guide you toward your next scene or simply to get clear on what you want out of BDSM. You'll come away from these exercises with a deeper understanding of your erotic wants and needs. Your sex life will be all the hotter. Give yourself a roadmap to kinky pleasure every day of the year!

AN INSTANT #1 NEW YORK TIMES BESTSELLER “Stay-up-all-night, miss-your-subway-stop, spit-out-your-beverage funny.... irresistible as a snack tray, as intimately pleasurable as an Irish goodbye.” —Jia Tolentino From *Samantha Irby*, beloved author of *We Are Never Meeting in Real Life*, a rip-roaring, edgy and unabashedly raunchy new collection of hilarious essays. Irby is forty, and increasingly uncomfortable in her own skin despite what Inspirational Instagram Infographics have promised her. She has left her job as a receptionist at a veterinary clinic, has published successful books and has been friendzoned by Hollywood, left

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Chicago, and moved into a house with a garden that requires repairs and know-how with her wife in a Blue town in the middle of a Red state where she now hosts book clubs and makes mason jar salads. This is the bourgeois life of a Hallmark Channel dream. She goes on bad dates with new friends, spends weeks in Los Angeles taking meetings with "tv executives slash amateur astrologers" while being a "cheese fry-eating slightly damp Midwest person," "with neck pain and no cartilage in [her] knees," who still hides past due bills under her pillow. The essays in this collection draw on the raw, hilarious particulars of Irby's new life. *Wow, No Thank You.* is Irby at her most unflinching, riotous, and relatable.

New York Times bestselling author Kristen Proby continues to delight the senses with the latest novel in her delectable Fusion series. As the take-charge wine bar manager of Seduction, Portland's hottest new restaurant, Katrina Meyers is the definition of no-nonsense, and she isn't afraid of anything. Well, almost anything: she hates to fly. When she's forced to travel on a death trap with wings, the turbulence from hell has her reaching for any safe haven—including the incredibly handsome guy sitting next to her. Ryan "Mac" MacKenzie hasn't been able to get his sexy seatmate out of his head. The way she clung to him stirred something inside him he didn't think existed: tenderness. As the owner of a successful wine touring company, Mac thinks he's got a handle on what life can throw at him and he's not prepared for any surprises, especially in the feelings department. And when he brings a tour into Seduction, he sees the petite spitfire he just can't forget. Mac is determined to discover what else they have in common besides fine wine and the inability to keep their hands off each other. But what will it take for two stubborn people to realize that what they have is so much more than a hot chemistry between the sheets and to admit to falling in love...?

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Arriving in London for his arranged marriage, uncivilized American rake Rafe Bowman receives lessons in London etiquette and gentlemanly behavior from four former Wallflowers during the holiday season, an effort that is further complicated by the bride's unexpected ways. Reprint. A best-selling novel.

For many years, Kali Williams approached the money she made from her career in sex work with an "easy come, easy go" attitude. There was always enough, and there was always more on the way. But as her money goals grew beyond impulsive daily desires and monthly rent, she realized she needed to shift her approach if she wanted to be able to plan a future of financial stability. So she set to work transforming her financial life, fixing her attitude toward money and undoing past financial mistakes. But the most empowering part of the journey? Adapting a generic budget workbook to track her money in a way that worked for her brain. Along the way, Williams learned two things: many of her colleagues in the sex industry had similar money hangups to hers, and like her, many of her colleagues responded well to analog tracking. Hearing this feedback from so many people over the years inspired her to create *Making Bank: A Money Management Workbook for Erotic Entrepreneurs*. This workbook is designed to help entrepreneurs in the sex industry step up their financial game by understanding what's really going on with their income and expenses, identifying money goals, and making plans to achieve them. Combining monthly budget tracking layouts, space to write and reflect about financial goals, and information to help readers become more savvy about saving and spending, *Making Bank* is a one-stop-spot for erotic entrepreneurs to upgrade their incomes and their money management skills.

From New York Times bestselling author of *POET X* comes a story of a girl with talent, pride

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and a little bit of magic that keeps her fire burning bright. Ever since she got pregnant during freshman year, Emoni Santiago's life has been about making the tough decisions, doing what has to be done for her daughter and her abuela. The one place she can let all that go is in the kitchen. There, she lets her hands tell her what to cook, listening to her intuition and adding a little something magical every time, turning her food into straight-up goodness. Even though she's always dreamed of working in a kitchen after she graduates, Emoni knows that it's not worth her time to pursue the impossible. But then an opportunity presents itself to not only enrol in a culinary arts class in her high school, but also to travel abroad to Spain for an immersion program. Emoni knows that her decisions post high school have to be practical ones, but despite the rules she's made for her life — and everyone else's rules that she refuses to play by — once Emoni starts cooking, her only choice is to let her talent break free. The #1 New York Times bestselling book from new adult phenomenon S.C. Stephens—even a rock star's life isn't always perfect. Can love survive when life gets Reckless? When the band hits it big, Kiera and Kellan must ask themselves: Can their love for each other withstand the constant pressures of superstardom? The friendships they've formed, the new family they've found, and the history they've forged will all play a part in helping them navigate the turbulent waters of the band's exploding popularity. A greedy executive hell-bent on success, a declining pop star looking for an edge, and a media circus that twists lies into truths are just some of the obstacles the lovers will have to overcome if they are going to remain together. Fame comes with a price—but will it cost Kiera and Kellan everything? It's a bitterly cold February in 1961, and Sandy Greenberg lies in a hospital bed in Detroit, newly blind. A junior at Columbia University from a Jewish family that struggled to stay above

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the poverty line, Sandy had just started to see the world open up to him. Now, instead of his plans for a bright future—Harvard Law and politics—Sandy faces a new reality, one defined by a cane or companion dog, menial work, and a cautious path through life. But that's not how this story ends. In the depth of his new darkness, Sandy faces a choice—play it “safe” by staying in his native Buffalo or return to Columbia to pursue his dreams. With the loving devotion of his girlfriend (and now wife) Sue and the selflessness of best friends Art Garfunkel and Jerry Speyer, Sandy endures unimaginable adversity while forging a life of exceptional achievement. From his time in the White House working for President Lyndon B. Johnson to his graduate studies at Harvard and Oxford under luminaries such as Archibald Cox, Sir Arthur Goodhart, and Samuel Huntington, and through the guidance of his invaluable mentor David Rockefeller, Sandy fills his life and the lives of those around him with a radiant light of philanthropy, entrepreneurship, art, and innovation.

Cute Inspirational Writing Notebook This stylish notebook has a beautifully designed modern cover design and is filled with college ruled lined pages for your notes, lists, reflections, and more. Plus it is conveniently sized at 7 x 10" to provide plenty of space for you to write in while remaining compact and portable. Book Details Size: 7 x 10" Pages: 150 Cover: Durable Matte Softcover with an inspirational affirmation quote cover in blush pink Type: College Ruled Great gift idea!

A grassroots look at the future of US politics as the next generation of progressive organizers—sparked by the unstoppable rise of Alexandria Ocasio-Cortez—leads us toward a new direction The AOC Generation examines the resurgent young left—including groups like Justice Democrats, the Democratic Socialists of America and Brand New Congress—and

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documents how and why they got active and energized in political organizing, the success and limitations of their approaches—and through their stories, it tells the history and the future of a generation. In 2018, the country watched as Alexandria Ocasio-Cortez rose from unknown part-time bartender to the halls of Congress at the age of 29 and became a household name for her progressive, passionate politics. With firsthand accounts detailing the final days of her campaign, which he spent beside her as she fought for every last vote, Freedlander connects her ample political talents and ability to command the media and the public's attention to the newfound political awakening of millennial activists. Inspired in part by the Bernie Sanders campaign, and furthered by a series of critical issues including catastrophic climate change, a rigid political system, and widening income inequality, these young people organized into new groups that became a conduit for their energy, ideas, and passions. And all of their activity isn't just political. They've created their own media eco-system, with podcasts, streaming networks, and even dating sites that cater to their interests. With this new generation gaining traction, with little signs of backing down and securing crucial political seats as Ocasio-Cortez did in 2018, *The AOC Generation* presents a thoughtful analysis of how they came of age in an America they are determined to reshape.

A female-friendly guide to the erotic domination of the male by the female in a way that will benefit both. Each chapter is followed by a self-guided journal section, where you are encouraged to explore and clarify your feelings and responses to the themes being explored, thus helping both lovers illuminate mutual desires, needs and boundaries.

What would you change if you could travel back in time? Down a small alleyway in the heart of Tokyo, there's an underground café that's been serving carefully brewed coffee for over a

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hundred years. Local legend says that this shop offers its customers something else besides coffee—the chance to travel back in time. The rules, however, are far from simple: you must sit in one particular seat, and you can't venture outside the café, nor can you change the present. And, most important, you only have the time it takes to drink a hot cup of coffee—or risk getting stuck forever. Over the course of one summer, four customers visit the café in the hopes of traveling to another time: a heartbroken lover looking for closure, a nurse with a mysterious letter from her husband, a waitress hoping to say one last goodbye and a mother whose child she may never get the chance to know. Heartwarming, wistful and delightfully quirky, *Before the Coffee Gets Cold* explores the intersecting lives of four women who come together in one extraordinary café, where the service may not be quick, but the opportunities are endless.

NEW YORK TIMES BESTSELLER • “This book is a gift! I’ve been practicing their strategies, and it’s a total game-changer.”—Brené Brown, PhD, author of the #1 New York Times bestseller *Dare to Lead* This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. Burnout. Many women in America have experienced it. What’s expected of women and what it’s really like to be a woman in today’s world are two very different things—and women exhaust themselves trying to close the gap between them. How can you “love your body” when every magazine cover has ten diet tips for becoming “your best self”? How do you “lean in” at work when you’re already operating at 110 percent and aren’t recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you’re too fat, too needy, too noisy, and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling

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overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we're up against—and show us how to fight back. In these pages you'll learn • what you can do to complete the biological stress cycle—and return your body to a state of relaxation • how to manage the “monitor” in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren't here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of “having it all.” Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT** “Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what's going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing.”—Sarah Knight, New York Times bestselling author of *Calm the F*ck Down*

An innovative guide to living gamefully, based on the program that has already helped nearly half a million people achieve remarkable personal growth In 2009, internationally renowned game designer Jane McGonigal suffered a severe concussion. Unable to think clearly or work or even get out of bed, she became anxious and depressed, even suicidal. But rather than let

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herself sink further, she decided to get better by doing what she does best: she turned her recovery process into a resilience-building game. What started as a simple motivational exercise quickly became a set of rules for “post-traumatic growth” that she shared on her blog. These rules led to a digital game and a major research study with the National Institutes of Health. Today nearly half a million people have played SuperBetter to get stronger, happier, and healthier. But the life-changing ideas behind SuperBetter are much bigger than just one game. In this book, McGonigal reveals a decade’s worth of scientific research into the ways all games—including videogames, sports, and puzzles—change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more “gameful” mind-set. Being gameful means bringing the same psychological strengths we naturally display when we play games—such as optimism, creativity, courage, and determination—to real-world goals. Drawing on hundreds of studies, McGonigal shows that getting superbetter is as simple as tapping into the three core psychological strengths that games help you build:

- Your ability to control your attention, and therefore your thoughts and feelings
- Your power to turn anyone into a potential ally, and to strengthen your existing relationships
- Your natural capacity to motivate yourself and supercharge your heroic qualities, like willpower, compassion, and determination

SuperBetter contains nearly 100 playful challenges anyone can undertake in order to build these gameful strengths. It includes stories and data from people who have used the SuperBetter method to get stronger in the face of illness, injury, and other major setbacks, as well as to achieve goals like losing weight, running a marathon, and finding a new job. As inspiring as it is down to earth, and grounded in rigorous research, SuperBetter is a proven game plan for a better life.

