

## I Am Jennie Ketcham

Introduces Sunday supper recipes served at the Los Angeles restaurant, Lucques, organized according to season, demonstrating the importance of fresh ingredients combined in unexpected ways to create appetizers, main courses, and desserts.

The world knows her as a porn star. . . but it's her way with words that will touch you again and again. Asa Akira's perceptive, funny, and straightforward writings on love, sex, death, marriage and celebrity come together in a surprising book of essays.

Personally revealing as well as universal, Dirty Thirty marks the coming of age of a new literary star.

The New York Juvenile Asylum (NYJA) was founded in 1851 by a group of prominent businessmen and professionals concerned about vagrancy among poor children in New York City. It was designed to house, educate, reform, and indenture children who were homeless, truant, or convicted of petty crimes in New York City. The NYJA being an alternative to the punitive House of Refuge where more hardened young criminals (incarcerated alongside much older adults) were being sent. Most children accepted into the NYJA were between the ages of seven and fifteen, but children both younger and older were accepted at times. The NYJA relocated to 176th Street between Tenth and Eleventh Avenues in 1856. By the end of 1919 over 42,000 children had been admitted to the Asylum. About 6,000 were sent West on orphan trains in what is now referred to as America's Orphan Train Movement. The names in this volume represent over five thousand children who lived in the New York Juvenile Asylum, as well as its House of Reception (where applicable), between 1855 and 1925. The names were extracted from the following enumerations conducted at the Asylum and House of Reception: the 1860, 1870, 1880, 1900, 1910, and 1920 federal censuses; and the New York State censuses of 1855, 1905, 1915, and 1925. The censuses are arranged chronologically and the children listed alphabetically for each census. The descriptions vary from census to census; however, in virtually all cases they provide the individual's name, race, sex, age, and state or country of birth. Also included for several of the censuses is the state or country of birth for the parents of each child. In a couple of the censuses the "residence when admitted" (to the Asylum) is listed for each child.

The moving, gripping, and tell-all autobiography of Traci Elizabeth Lords, a former child porn queen, electronica maven, and cult movie and TV star. At 14, Nora Kuzma ran away from home and ended up on the dirty streets of Hollywood. She fell in with a fast crowd, and her dreams of modelling soon landed her a spectacular centrefold in Penthouse Magazine, where at 15 she became internationally known as TRACI LORDS. From there she appeared in numerous adult films and magazines, denying her past and battling a deep addiction to cocaine and men. Three years later she got out. This is her memoir—a tale of loss, redemption, and ultimate survival as Traci Elizabeth Lords takes you into her secretive past, faces her demons, and shares her extraordinary journey of personal growth.

The Biggest Names in the Adult Entertainment Biz in One Big Tell-All! "A fascinating peek into the sex lives of porn's top stars. A juicy read!"—Anka Radakovich, sex columnist, British GQ "I can't stop reading this! Enlightening and insightful, revealing, arousing, and tips from the pros! This is like the Kinsey Reports of adult entertainment for our generation."—Ron "Bumblefoot" Thal, guitarist for Guns N' Roses "This is the only book that has kept our hands off each other and on the pages! Two peckers up!"—Sal Governale and Richard Christy, The Howard Stern Show "Confessions of the Hundred Hottest Porn Stars offers a rare and insightful glimpse into the minds of adult stars—their secret sexual fantasies, preferences, and vulnerabilities. Lainie Speiser has a unique rapport with adult industry actors that enables her to elicit heartfelt revelations from those who are used to hiding behind carefully constructed facades. No other book has ever shed so much light on the inner erotic world of the sexiest and most sexual women and men in the universe. A must-read for anyone who wants to learn about the origin of sexual disinhibition, become a better lover—or simply to get turned on!"—Victoria "Dr. Z" Zdrok, author of Dr. Z on Scoring "This book is a pleasurable romp into the secret lives of the most beautiful and intriguing women in the world of porn. As a fellow 'Sexpert,' I found this book to be fascinating as it captures the naughty and nice secrets of porn stars who are usually very elusive. Lainie Speiser is a porn pioneer and this book of short-tales is packed full of secrets that are both sexy and surprising."—Kristin Davis, The Manhattan Madam, candidate for governor of New York 2010 "Lainie Speiser has fulfilled every porn fan's fantasy by getting inside the minds—and bedrooms—of the industry's most popular stars. An intimate, fun and sexy read!"—Eric Danville, author of The Complete Linda Lovelace The stories don't come any more sexy, funny, or raw than they do in Confessions of the Hundred Hottest Porn Stars. They're all here. One-hundred of the world's most famous porn stars—including Nikki Benz, Tera Patrick, Nick Manning, Jesse Jane, Sunny Leone, Tabitha Stevens, Ron Jeremy, Breanne Benson, Brooke Haven, Mr. Marcus, Brittany Andrews, Stoya, Joanna Angel, Lupe Fuentes, James Deen, Bree Olson, Kayden Kross, Kelly Divine, Misty Stone, Peter North, Taylor Wane, Phoenix Marie, Evan Seinfeld, Gina Lynn, and Sophia Santi—and they're not afraid to share their innermost thoughts on: —what really turns them on —their favorite sexual positions—both on- and off-camera —their innermost sexual fantasies —the fun of threesomes, foursomes, and orgies —the joys of double penetration —being married to another porn star and why open marriages and relationship work best Penthouse publicist and columnist Lainie Speiser, who has worked behind the scenes of the adult industry for 20 years, gets the hottest people in the business to open up and share their secrets, offer advice on sex, and tell you about their hidden desires and favorite toys. The stories are shocking, gripping, surprising, and fun, revealing what these porn stars really think about themselves and their sex lives. And each confession is accompanied by the star's favorite photo.

For Kate Green, nothing was as important as the happiness and well-being of her two little boys, Reef and Finn, and her loving husband, St. John, known as "Singe." They had a wonderfully happy family life in Somerset, England. But then tragedy struck—Kate was diagnosed with breast cancer that couldn't be cured. During her last few days, Kate created what she called Mum's List. With Singe's help she wrote down her thoughts, dreams, and wishes, trying to help the man she loved create the best life for their sons after she was gone. Mum's List reveals Kate's passionate nature, her free spirit, and even her sense of humor. The list became Singe's rock as he turned to it again and again for strength and inspiration. Her instructions were simple—items like "look for four-leaf clovers" and "always say what you truly mean"—but the effect they had on Singe, Reef, and Finn was incredibly profound. Singe's lesson to readers everywhere is that a list like Mum's List can change your life—and you don't need to lose someone to make a list and live your dreams. If you've ever wondered if you and your family could be living a happier, more meaningful life full of adventure and joy, then this book is for you.

Burn My Shadow follows the porn career of Tyler Knight, a black porn star who stars mainly in porn for couples. A star that breaks all stereotypes and barriers, Knight's story is one of race and sexuality that pushes the boundaries of what is thought of porn and

porn stars. Tyler Knight is a one of a kind star, and this is his story.

NEW YORK TIMES BESTSELLER "One of the greatest tricks that the patriarchy plays on women is to deliberately destabilize them, then use their instability as a reason to disbelieve them. Much of BRAVE reads like the diary of a woman driven half-mad by abusive men who assume no one will listen to her. In this case, the truth was finally—and, for McGowan, triumphantly—exposed..." —The New York Times Book Review "BRAVE works beautifully as a manifesto. It's a call to arms—not just against the specific men who mistreated McGowan and the men and women who enabled that mistreatment, but against an industry."—The Boston Globe A revealing memoir and empowering manifesto – A voice for generations Rose McGowan was born in one cult and came of age in another, more visible cult: Hollywood. In a strange world where she was continually on display, stardom soon became a personal nightmare of constant exposure and sexualization. Rose escaped into the world of her mind, something she had done as a child, and into high-profile relationships. Every detail of her personal life became public, and the realities of an inherently sexist industry emerged with every script, role, public appearance, and magazine cover. The Hollywood machine packaged her as a sexualized bombshell, hijacking her image and identity and marketing them for profit. Hollywood expected Rose to be silent and cooperative and to stay the path. Instead, she rebelled and asserted her true identity and voice. She reemerged unscripted, courageous, victorious, angry, smart, fierce, unapologetic, controversial, and real as f\*ck. BRAVE is her raw, honest, and poignant memoir/manifesto—a no-holds-barred, pull-no-punches account of the rise of a millennial icon, fearless activist, and unstoppable force for change who is determined to expose the truth about the entertainment industry, dismantle the concept of fame, shine a light on a multibillion-dollar business built on systemic misogyny, and empower people everywhere to wake up and be BRAVE. "My life, as you will read, has taken me from one cult to another. BRAVE is the story of how I fought my way out of these cults and reclaimed my life. I want to help you do the same." -Rose McGowan

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

How does a girl go from being a shy, awkward bookworm to the biggest porn star in the world? In Sinner Takes All, Tera Patrick reveals all, including: her career as an international model; losing her virginity at fourteen to a thirtysomething photographer; learning oral sex techniques backstage at a Guns N' Roses concert; having an orgy with a team of firefighters; her unglamorous job in a nursing home; her first forays into the adult movie business; and how, with her husband's help, she launched her own multimillion-dollar empire. Along the way, she dishes on the emotional side of being Tera Patrick, writing candidly about her battles with depression and anxiety. She also discusses finding true love and building a healthy marriage, achievements that many consider to be impossible in the world of porn. Featuring hundreds of photos, plus diary pages and scintillating sidebars, Sinner Takes All takes the tell-all to raunchy new heights.

Drunk and high, holed up in a hotel room with a beautiful blonde she barely knew, Jennie Ketcham was thirty-six hours away from entering rehab. Her on-camera alter ego, Penny Flame, was a rising star. Her personal life, however, had been getting worse for years and finally hit an all-time low. Guys are gonna want one thing from you. To Jennie's young ears, her father's advice meant one thing: You can use your sexuality to control men. Life was imploding around her: her parents' divorce, their spiraling addictions, her deteriorating relationships with them. She lost her virginity at thirteen and began a game of initiating boys her age into manhood. For the fleeting moments she spent in bed with them, she got to be the center of attention. Eventually, Jennie found porn—that enticing world of immediate gratification, endless drugs, and seemingly endless money—and became Penny Flame. Divorced from her feelings, tempted into a lifestyle she couldn't afford, financially or emotionally, she entered Sex Rehab with Dr. Drew to boost her career. But when Dr. Drew and his staff insisted she go by her real name, the once indestructible walls she had built around herself began to burn down. Two stories make up this direct and disarming memoir: that of a troubled girl desperately fleeing intimacy and herself, and that of a woman courageously breaking down emotional barriers to build a new life. Many will recognize Jennie's struggles: confusing sex with self-worth, addiction with love, detachment with strength. Ultimately, I Am Jennie is a tale of a woman who considers herself a work in progress but who finally understands that the only person she can truly afford to be is herself. \*\*\* I had never allowed myself to wonder why I ran from people, from connection, from what Dr. Drew was labeling as intimacy. I had never questioned why I habitually hurt the men I dated, or the people in my family. I had never thought: Jennie, why are you doing this? In the past, I had simply acted, and then moved forward. If I felt like crying, I shut the emotions down. This quality made me a good porn star. But it suddenly didn't seem like a great way to live. "It's a wall," I whispered. "What do you think is behind that wall?" Dr. Drew said. He looked directly in my eyes. The thought of something existing behind this impenetrable wall was horrifying, exhausting. I grabbed a Kleenex, thinking if I could make the perfect triangle, I could dab my inner eyes without disrupting the glue that held my fake eyelashes in place. "Hopefully, a caring, sensitive person who can have meaningful relationships," I said.

The idea to write to you was not an easy one. The scar from where the bullet entered my back is still there. Jerry McGill was thirteen years old, walking home through the projects of Manhattan's Lower East Side, when he was shot in the back by a stranger. Jerry survived, wheelchair-bound for life; his assailant was never caught. Thirty years later, Jerry wants to say something to the man who shot him. I have decided to give you a name. I am going to call you Marcus. With profound grace, brutal honesty, and devastating humor, Jerry McGill takes us on a dramatic and inspiring journey—from the streets of 1980s New York, where poverty and violence were part of growing up, to the challenges of living with a disability and learning to help and inspire others, to the long, difficult road to acceptance, forgiveness, and, ultimately, triumph. I didn't write this book for you, Marcus. I wrote this for those who endure. Those who manage. Those who are determined to move on.

Sold by a desperate debtor of a husband to a Yukon storekeeper notorious for his hardness of heart, Melissa Logan finds herself falling in love with her misunderstood new master, who is determined to resist her charms. Original.

Discusses the star of the most famous piece of pornographic film, including her terrifying life with her abusive husband, her time as a favorite party guest for the Hollywood elite, and her role in the feminist movement.

In this sexy, darkly funny, and suprisingly poignant memoir, famed New York call girl Natalie "Natalie" McLennan tells her full story for the first time. A cautionary tale about a bright, confident young woman who sells her future for easy money and glamour, "The Price" takes readers inside the world of the twenty-five-year-old-girl "New York" magazine labeled "The \$2,000-An-Hour Hooker."

I Am Jennie Simon and Schuster

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for

belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

HOW MANY OF THESE DATING RULES HAVE YOU BROKEN? 1. Choose Your Own Man 2. Make Sure Your Friends Approve 3. No One-Night Stands 4. Trust Your Instincts 5. Never Make the Same Mistake Twice 6. After a Break-Up, Wait Six Months Before Dating Again. Dhara, Kelly, Marta, and Wendy have been the closest of friends since college. So close, that after a series of romantic disasters, they bond together to create Rules of Relationships to keep their hearts safe. Years later, the rules seem to have worked . . . until Marta discovers that her hot boyfriend is married, Kelly begins a risky love affair, Wendy inches closer to a pre-marital infidelity, and, most shocking of all, Indian-American Dhara suddenly agrees to an arranged marriage. Hearts are about to be broken and the bonds of friendship are tested. Is it possible to find true love, when you're breaking all the rules?

From the host of Fox News @ Night, a deeply personal book about finding purpose and growth amid life's unpredictability. "What a gift this book will be to your soul."—Lysa TerKeurst Whether it's her work today as a reporter and host for Fox News, her years in law school, or the time she spent competing in pageants like Miss America, Shannon Bream has spent her entire adult life navigating high-pressure environments where perfection is expected and competition is the name of the game. But in this laugh-out-loud book of stories and inspiration, Shannon shares the moments away from the cameras and the halls of government, in which she learned that the values and faith of her blue-collar upbringing could keep her grounded in a world where everyone wants you to be something other than who you are. In *Finding the Bright Side*, Shannon continues a conversation about authenticity, humility, and trusting in God that she's already begun with her followers on social media. She shares behind-the-scenes stories from Washington, D.C., revelations from her time reporting on the Supreme Court, and lessons learned from the most challenging moments of her life—from the time she was fired from her first job and told, "You're the worst person I've ever seen on TV," to the time she heard "There is no cure." But through all of this, faith (and a little bit of stubbornness!) has helped Shannon to keep hope, find purpose in the pain, and find laughs along the way. Praise for *Finding the Bright Side* "Integrity. Faith. Diligence. Success. Shannon's book—and life—elevate these cherished values. For anyone hoping to move forward without compromising convictions, this book is a must read."—Max Lucado, pastor and bestselling author "In *Finding the Bright Side*, Shannon reveals that her sunny face and disposition is not just from good genetics. Her success is long in coming and well-deserved. She is sheer joy in a bottle."—Kathie Lee Gifford, bestselling author of *The Rock, the Road and the Rabbi*

When this beach bunny caught the eye of Hugh Hefner at an L.A. nightclub, Izabella St. James was looking for a fun break from studying for the bar. As the latest Girlfriend of the Playboy founder, her "break" lasted two years, but life behind the gates of the Playboy Mansion was anything but fun. Sure there were parties, presents, puppies, and plastic surgery; but there was also a curfew, a strict regimen of who sits where on movie night, limited contact with the outside world, and a sex life that was anything but wild and crazy. While the E! reality show, *The Girls Next Door*, has been a ratings hit, each of the three Playboy Bunnies in the series has since left the Mansion in newsworthy ways: one is engaged to a football player, and Hugh's "main" Girlfriend has finally understood that there would be no fairy-tale marriage and family with the man she literally transformed her life for. Izabella was there to witness how each of these relationships formed, where each Girlfriend fell in the pecking - and bed - order, and when, exactly, the fabled life turned shabby and cheap. From catfights to sneaking in boyfriends, from high-profile guests in the Grotto to the bizarre rituals of the octogenarian at the center of the sexual revolution, *Bunny Tales* is compulsively readable and endlessly entertaining! The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

A memoir from the former porn star and addict Jennie Ketcham, whose stage name was Penny Flame.

Discover the growth that's possible when we understand our authentic selves as God intended by exploring more deeply the Enneagram tool, paired with profound scriptural insights. "This book is a gem. It's one of the top five books I recommend on the Enneagram."—Ian Morgan Cron, author of *The Road Back to You* "An accessible, biblical and practical roadmap for anyone who wants to live fully into their true, authentic, God-given identity. I highly recommend it!"—Brenda Salter McNeil, author of *Becoming Brave The Enneagram*—a system of nine interconnected personality types—has been developed over many years to offer opportunities for personal development and provide a foundation for understanding others. Now a certified Enneagram coach shows how a scriptural perspective can lead us to a path of freedom. In *Self to Lose, Self to Find*, Marilyn Vancil unpacks our human dilemma, sets the scriptural foundation, explores the nine Enneagram personalities, and shows us practical ways to have a more meaningful life and healthier relationships. At its best, the Enneagram doesn't merely describe who we are, but shows us why we do what we do. It invites us to see the innate gifts and inclinations of our original design—the person we were before trials and traumas began to shape us. It also reveals the strategies and false narratives that keep us from becoming who we're truly meant to be. Vancil offers a compelling biblical case for the Enneagram by drawing from John 12:24, which describes how we, like seeds, construct a protective coat that helps us survive in a world where we encounter challenges and insecurities. But for us to truly live a fruitful life, we must allow the protective coat to soften and fall away in order to grow. This is what sets Vancil apart as both a seasoned Enneagram expert and a spiritual director: Within a scriptural context, she demonstrates how the Enneagram can be a vehicle for growth and transformation by laying out the realities of each Enneagram type, affirming the inherent genius of each type, showcasing the unhealthy tendencies of each type's false self, and illuminating the undeniable path to freedom for each one. Combining rich biblical wisdom with Enneagram wisdom and real-life experiences, this compelling resource is a must for anyone who longs for a happier, freer life.

**NEW YORK TIMES BESTSELLER** • A renowned psychic medium teaches us how to recognize and interpret the life-changing messages from loved ones and spirit guides on the Other Side. "A collection of incredible stories . . . that speak to the universe's endless capacity for magical moments."—Goop Laura Lynne Jackson is a psychic medium and the author of the New York Times bestseller *The Light Between Us*. She possesses an incredible gift: the ability to communicate with loved ones who have passed, convey messages of love and healing, and impart a greater understanding of our interconnectedness. Though her abilities are exceptional, they are not unique, and that is the message at the core of this book. Understanding "the secret language of the universe" is a gift available to all. As we learn to ask for and recognize signs from the other side, we will start to find meaning where before there was only confusion, and see light in the darkness. We may decide to change paths, push toward love, pursue joy, and engage with life in a whole new way. In *Signs*, Jackson is able to bring the mystical into the everyday. She relates stories of people who have experienced uncanny revelations and instances of unexplained synchronicity, as well as others drawn from her own experience. There's the lost child who appears to his mother as a deer that approaches her unhesitatingly at a highway rest stop; the name written on a dollar bill that lets a terrified wife know that her husband will be okay; the Elvis Presley song that arrives at the exact moment of Jackson's own father's passing; and many others. This is a book that is inspiring and practical, deeply comforting and wonderfully motivational, in asking us to see beyond ourselves to a more magnificent universal design. Praise for *Signs* "This stirring guide . . . asserts that anyone can learn to understand messages that are sent from the 'Other Side.' . . . For readers struggling with loss who believe it's possible to communicate with the deceased, this book will console and empower them to look beyond their suffering."—Publishers Weekly "This brilliant book by the renowned psychic medium Laura Lynne Jackson is a guidebook to and translator of the mysterious spiritual language of the universe. Through a series of touching personal stories, *Signs* teaches us how to discern and understand the myriad spiritual signs in our lives. Laura Lynne's beautiful and compassionate heart shines through every page. This book is both excellent and important, and I highly recommend it to all."—Brian L. Weiss, M.D., author of *Many Lives, Many Masters*

Howard Stern's Highest Rated and Favorite Adult Film Star Guest with a record 19 appearances on his Radio Show! "We're talking about creating a brand-name from nothing, and where it normally takes years and years and years, within a year and a half Jasmin was a known brand name in porn." - CHARLIE FRY, FORMER MANAGER "Love her or hate her, there is only one Jasmin." - TOP50PORNSTARS.COM "Within the porn community especially, Jasmin will always hold a certain distinct notoriety. Jasmin was very smart with the gang-bang, because she was the first one to make it a career move. She saw how it had put Annabelle Chong into the lime light, and Jasmin did her own gangbang in a much more calculating way to launch herself into stardom - from the advertising to all the press she got out of it, because of the crowd that was there to witness it, to everything else it led to for her professionally. So everyone that went after her more or less followed the Jasmin St. Claire guidelines and technique, and the model she had set. What made Jasmin so special - and always will-is that when she did anything, whether it be porn, or wrestling, or whatever else, she stands out." - RON JEREMY "She's one of the most beautiful women I've ever seen. Obviously she's talented enough to succeed outside of porn, she had her wrestling career, and I think could have done anything she wanted." - MOTORHEAD FRONTMAN LEMMY KILMISTER

From one of the sharpest Christian voices of her generation and host of the podcast *Relatable* comes a framework for escaping our culture of trendy narcissism—and embracing God instead. We're told that the key to happiness is self-love. Instagram influencers, mommy bloggers, self-help gurus, and even Christian teachers promise that if we learn to love ourselves, we'll be successful, secure, and complete. But the promise doesn't deliver. Instead of feeling fulfilled, our pursuit of self-love traps us in an exhausting cycle: as we strive for self-acceptance, we become addicted to self-improvement. The truth is we can't find satisfaction inside ourselves because we are the problem. We struggle with feelings of inadequacy because we are inadequate. Alone, we are not good enough, smart enough, or beautiful enough. We're not enough--period. And that's okay, because God is. The answer to our insufficiency and insecurity isn't self-love, but God's love. In Jesus, we're offered a way out of our toxic culture of self-love and into a joyful life of relying on him for wisdom, satisfaction, and purpose. We don't have to wonder what it's all about anymore. This is it. This book isn't about battling your not-enoughness; it's about embracing it. Allie Beth Stuckey, a Christian, conservative new mom, found herself at the dead end of self-love, and she wants to help you combat the false teachings and self-destructive mindsets that got her there. In this book, she uncovers the myths popularized by our self-obsessed culture, reveals where they manifest in politics and the church, and dismantles them with biblical truth and practical wisdom.

With humor, alacrity, and profound insight, adult film star van de Bunt (known as Karmen Karma) reveals her deepest, darkest secrets and pulls no punches--least of all with herself.self.

A strikingly honest and disarming memoir from an ex-porn star and reality television personality who describes her descent into addiction to sex, drugs, and alcohol—and her ultimate path toward recovery. Drunk and high, holed up in a hotel room with a beautiful blonde she barely knew, Jennie Ketcham was thirty-six hours away from entering rehab. Her on-camera alter ego, Penny Flame, was a rising star. Her personal life, however, had been getting worse for years and finally hit an all-time low. After her parents' divorce, she lost her virginity at thirteen and began a game of initiating boys her age into manhood. For the fleeting moments she spent in bed with them, she got to be the center of attention. Eventually, Jennie found porn—that enticing world of immediate gratification, endless drugs, and seemingly endless money—and became Penny Flame. Divorced from her feelings, tempted into a lifestyle she couldn't afford, financially or emotionally, she entered Sex Rehab with Dr. Drew to boost her career. But when Dr. Drew and his staff insisted she appear using her real name, the once indestructible walls she had built around herself began to burn down. Jennie candidly recounts her struggles: confusing sex with self-worth, addiction with love, detachment with strength. Ultimately, I Am Jennie is a tale of a woman who considers herself a work in progress but who finally understands that the only person she can truly afford to be is herself.

An explicit look into the world of porn, from a woman who was a superstar in the industry. Small, aka Ashley Blue, weaves through the intricacies of a decade in and out of the adult film industry, love, drugs, and her own firebrand of what it means to live ecstatically.

"A seven-time Olympic medalist describes her battles with depression, eating disorders and substance abuse in spite of her successful career, recounting how she hid her struggles from her loved ones before seeking help and finding renewal in the birth of her son. 75,000 first printing."

The New York Times bestselling author of Chase the Lion reveals seven powerful habits that can help you tackle God-sized goals by turning yesterday's regrets and tomorrow's anxieties into fuel for a better today. "This book will change the trajectory of your life."—John Maxwell, #1 New York Times bestselling author, entrepreneur, and leadership expert Too many people delay, downsize, or shrug off their dreams just because they don't know where to start, but playing it safe doesn't account for the massive cost of a life not fully lived. Win the Day is the jump-start you need to go after your goals, one day at a time. You'll discover how to: 1. Flip the Script: If you want to change your life, start by changing your story. 2. Kiss the Wave: The obstacle is not the enemy; the obstacle is the way. 3. Eat the Frog: If you want God to do the super, you've got to do the natural. 4. Fly the Kite: How you do anything is how you'll do everything. 5. Cut the Rope: Playing it safe is risky. 6. Wind the Clock: Time is measured in minutes; life is measured in moments. 7. Seed the Clouds: Sow today what you want to see tomorrow. As Batterson unpacks each of these daily habits, you'll see how simple it is to pursue them with focus and dedication—not someday down the road, but now. Transform your perspective of a single day and you'll discover the potential waiting to be grasped at the beginning of each new sunrise.

Samantha X is not your typical hooker. She's the wrong side of 35, has two kids, and counts dining at her local pizzeria as a wild night out.

Career-wise, Samantha had it all: writing for Australia's top-selling women's magazines, appearing as a media expert on television, and traveling the world for the sake of a good story. But after a marriage breakdown, and with two kids, she turned her back on the media.

Samantha decided to dust off her stilettos and work at Sydney's most infamous brothel, where she soon became one of their most in-demand girls. Not only was she making great cash, but she was also privy to the real-life stories of her clients irresistible to the journalist in her. How could she not keep a record of their salacious stories? She heard everything: from tearful married men confessing their secrets, to lesbian threesomes, to servicing the odd married couple trying to reignite their relationship. But while whoring can be lucrative and fun, it also comes with a hefty price, as Samantha soon finds out. The only problem is, can she kick her addiction to what she believes to be the best job in the world?"

In thirty-one meditations, the author implores his readers to break through illusion, the great obstacle to love.

Who was Penny Flame? While researching the atrocities committed during the Apache Wars, university graduate Moneen Murphy learns of her great-great grandmother's key role in the conflict. Tracing the relationship between her grandmother and the natives, Moneen begins a journey into the unknown. As she slowly discovers the truth, dark secrets and ghosts of the past are brought into the modern era with catastrophic force. The story of this fateful chapter in America's past reflects issues and events of the modern age, presented in an unforgettable, epic adventure. This is the large print edition of Penny Flame, with a larger font / typeface for easier reading.

Brooke Burke knows all too well that when raising four children, running a household, tending a relationship, building a multimillion-dollar business, and pursuing a television career, there's no room for pretense or posturing. Rejecting the idea that there's some simple step-by-step path to the Perfect Body, the Perfect Relationship, or the Perfect Career, she reveals the truths about motherhood with the sincerity that today's smart, sexy, and soulful moms need. Brooke lets readers know what really goes on behind the scenes of her surprisingly ordinary life as a celebrity mom, and how she manages to make it all work...on a good day! From tips on caring for themselves, to her own stories about the missteps she's made as a mother, to advice on how to handle the tough emotional challenges moms face, Brooke paints an honest picture of motherhood that all women can relate to, insisting that it's not about being right or wrong—it's about being their authentic, naked selves.

Everyone has a story. Everyone has a truth. Here is mine...

Christy Canyon's flamboyant debut into the world of adult video in 1984 rocked the porn industry like never before. Selling millions of copies, her videos quickly established her as the world's leading porn star. Take a ride on the wild side with her in this new, explosive tell-all autobiography. Loaded with juicy behind-the-scenes details, Canyon describes her adventures and misadventures with other porn stars such as Traci Lords, Ginger Lynn, Ron Jeremy and Peter North, just to name a few. She also blows the lid off of her encounters with mainstream celebrities.

#1 Amazon Best Seller — Welcome to the farm! The Cut Flower Garden: Erin Benzakein is a florist-farmer, leader in the locaflor farm-to-centerpiece movement, and owner of internationally renowned Floret Flower Farm in Washington's lush Skagit Valley. A stunning flower book: This beautiful guide to growing, harvesting, and arranging gorgeous blooms year-round provides readers with vital tools to nurture a stunning flower garden and use their blossoms to create show-stopping arrangements. Floret Farm's Cut Flower Garden: Cut Flower Garden is equal parts instruction and inspiration—a book overflowing with lush photography of magnificent flowers and breathtaking arrangements organized by season. Find inspiration in this lush flower book: Irresistible photos of Erin's flower farm that showcase exquisite blooms Tips for growing in a variety of spaces and climates Step-by-step instructions for lavish garlands, airy centerpieces, and romantic floral décor for every season If you liked Paris in Bloom, you'll love Floret Farm's Cut Flower Garden.

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