

Lazarev Carti Online Gratis

Can a woman ever really know herself if she doesn't know her mother? From the author of the smash-hit bestseller *Firefly Lane* and *True Colors* comes Kristin Hannah's powerful, heartbreaking novel that illuminates the intricate mother-daughter bond and explores the enduring links between the present and the past. Meredith and Nina Whitson are as different as sisters can be. One stayed at home to raise her children and manage the family apple orchard; the other followed a dream and traveled the world to become a famous photojournalist. But when their beloved father falls ill, Meredith and Nina find themselves together again, standing alongside their cold, disapproving mother, Anya, who even now, offers no comfort to her daughters. As children, the only connection between them was the Russian fairy tale Anya sometimes told the girls at night. On his deathbed, their father extracts a promise from the women in his life: the fairy tale will be told one last time—and all the way to the end. Thus begins an unexpected journey into the truth of Anya's life in war-torn Leningrad, more than five decades ago. Alternating between the past and present, Meredith and Nina will finally hear the singular, harrowing story of their mother's life, and what they learn is a secret so terrible and terrifying that it will shake the very foundation of their family and change who they believe they are.

What is the subtle relationship between mind and body? What can today's scientists

learn about this relationship from masters of Buddhist thought? Is it possible that by combining Western and Eastern approaches, we can reach a new understanding of the nature of the mind, the human potential for growth, the possibilities for mental and physical health? MindScience explores these and other questions as it documents the beginning of a historic dialogue between modern science and Buddhism. The Harvard Mind Science Symposium brought together the Dalai Lama and authorities from the fields of psychiatry, psychology, neuroscience, and education. Here, they examine myriad questions concerning the nature of the mind and its relationship to the body. Refine the skills needed to become an accomplished professional carpenter with the in-depth coverage and practical applications found in *Carpentry, 6E*. This popular bestseller by well-known expert Floyd Vogt presents the intricate system of contemporary light frame building construction using step-by-step procedures. *CARPENTRY, 6E* follows the logical path of a residential project, using thorough explanations and easy-to-follow diagrams to explore building plans, sitework and layout, footings and foundations, framing, interior and exterior surfaces, cabinetry, and more. This edition blends traditional construction techniques with today's latest practices, including contemporary safety tools, alternative construction, such as concrete forms, and green building techniques. This edition also introduces more commercial drawings and construction. Photo-realistic drawings showcase concepts and procedures with detailed, easy to understand information. The new online

CourseMate provides interactive learning tools to further ensure carpentry success.

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A holistic and comprehensive overview of nutrition including Eastern and Western perspectives.

Renowned academics compare major features of imperial rule in the 19th century, reflecting a significant shift away from nationalism and toward empires in the studies of state building. The book responds to the current interest in multi-unit formations, such as the European Union and the expanded outreach of the United States. National historical narratives have systematically marginalized imperial dimensions, yet empires play an important role. This book examines the methods discerned in the creation of the Habsburg Monarchy, the Ottoman Empire, the Hohenzollern rule and Imperial Russia. It inspects the respective imperial elites in these empires, and it details the role of nations, religions and ideologies in the legitimacy of empire building, bringing the Spanish Empire into the analysis. The final part of the book focuses on modern empires, such as the German "Reich." The essays suggest that empires were more adaptive and resilient to change than is commonly thought.

"Born of a terrible insomnia which E. M. Cioran called "a dizzying lucidity which would turn even paradise into hell," this book presents the youthful Cioran, a self-described "Nietzsche still complete with his Zarathustra, his poses, his mystical clown's tricks, a

whole circus of the heights." On the Heights of Despair shows Cioran's first grappling with themes he would return to in his mature works: despair and decay, absurdity and alienation, futility and the irrationality of existence. It also presents Cioran as a connoisseur of apocalypse, a theoretician of despair, for whom writing and philosophy both share the "lyrical virtues" that alone lead to metaphysical revelations. An exorcism of despair, this book offers insights into the ironic anguish of Cioran's philosophic mind while providing fascinating information on his early development as a writer and thinker."

Amanda Caulden led a sheltered life on her father's California ranch -- until the day Hank Montgomery stormed into town. A hot-blooded union organizer with a taste for ladies and fine champagne, he sensed the fire that smoldered beneath her prim, virtuous beauty...and he vowed to make her his. Hank's assault on her orderly life made Amanda furious -- and all the more enticing. Slowly, he drew her into a world of sensuous pleasure: sumptuous meals and moonlit dances, carefree laughter and stolen kisses...gently stirring the sleeping embers of passion. But even as a fierce love rose between them, violent rebellion threatened to destroy the Caulden ranch -- and their lives!

Mary Jo Putney's passionate, vivid characters and captivating stories have earned enthusiastic acclaim from reviewers and readers everywhere. Now the New York Times bestselling author weaves a new tale in the Guardian series—a

dazzling romantic fantasy that takes readers not only from the elegant streets of London to a dangerously tempting Mediterranean island but across time. Jean Macrae's family is one of the most prominent clans of Guardians, humans whose magical powers come from nature, but Jean considers her skills modest at best. She has never been able to summon the intense, earth-altering ability that has marked the most talented Guardians, and she is content without the adventure that such skill brings . . . until the day she is confronted by a handsome stranger whose magic imprisons her on his pirate ship. Captain Nikolai Gregorio is convinced that Jean's father abandoned him, as a child, to slavers. Now he seeks vengeance against the Macraes, no matter the cost. But Jean soon finds his untrained magical gifts far more dangerous than his thirst for revenge, especially when they intensify her own powers to an unthinkable—and enticing—degree. And when Jean and Nikolai's irresistible connection summons a woman from the future, they are charged with a formidable task: protect those who will oppose slavery's evil and forever change the future of two nations. This quest will sweep Jean and Nikolai into the most fantastic of realms and try their powers beyond even what the Guardians themselves would dare. And when ultimate disaster threatens, they will stake everything on a shattering test of love that could secure the fate of generations . . . or destroy them and all they cherish.

From the Hardcover edition.

WHERE SECRETS SMOLDER . . . Calm. Cool. Collected. Gisele Whitby has perfected the art of illusion-her survival, after all, has depended upon it. Years ago, to escape an abusive husband, Gisele "disappeared." Now she must risk revealing her new identity to save another innocent girl from the same fate. But she needs a daring man for her scheme, and the rogue in question shows a remarkable talent . . . for shattering Gisele's carefully constructed facade and igniting her deepest desires. . . . PASSION IGNITES This isn't the first time Jamie Montcrief has awakened naked and confused from a night of drinking. It is, however, the first time a stunningly beautiful woman offers him payment afterward. Gisele has a business proposition for him, a mission involving cunning thievery and a brazen rescue. How can he say no to a plot this dangerous . . . and a woman this delectable?

'If ever a human foot is to tread the Pole, it must be a British one!' First Mate Shandon receives a mysterious letter asking him to construct a reinforced steamship in Liverpool. As he heads out for Melville Bay and the Arctic labyrinth, a crewman reveals himself to be John Hatteras, and his lifelong obsession, the Pole. Despite experiencing appalling cold and hunger, the captain treks across the frozen wastes in search of fuel. Abandoned by his crew, Hatteras remains

without resources at the coldest spot on earth. How can he find food and explore the Polar Sea? And what will he find at the top of the world? This new translation by the father of Verne Studies brilliantly conveys the hypnotic mood and gripping authenticity of Verne's second novel. This edition also includes the original, censored ending, previously unpublished chapters, and evidence of Verne's plagiarism.

True Colors is New York Times bestselling author Kristin Hannah's most provocative, compelling, and heart-wrenching story yet. With the luminous writing and unforgettable characters that are her trademarks, she tells the story of three sisters whose once-solid world is broken apart by jealousy, betrayal, and the kind of passion that rarely comes along. The Grey sisters have always been close. After their mother's death, the girls banded together, becoming best friends. Their stern, disapproving father cares less about his children than about his reputation. To Henry Grey, appearances are everything, and years later, he still demands that his daughters reflect his standing in the community. Winona, the oldest, needs her father's approval most of all. An overweight bookworm who never felt at home on the sprawling horse ranch that has been in her family for three generations, she knows that she doesn't have the qualities her father values. But as the best lawyer in town, she's determined to someday find a way to prove her

worth to him. Aurora, the middle sister, is the family peacemaker. She brokers every dispute and tries to keep them all happy, even as she hides her own secret pain. Vivi Ann is the undisputed star of the family. A stunningly beautiful dreamer with a heart as big as the ocean in front of her house, she is adored by all who know her. Everything comes easily for Vivi Ann, until a stranger comes to town. . . . In a matter of moments, everything will change. The Grey sisters will be pitted against one another in ways that none could have imagined. Loyalties will be tested and secrets revealed, and a terrible, shocking crime will shatter both their family and their beloved town. With breathtaking pace and penetrating emotional insight, True Colors is an unforgettable novel about sisters, rivalry, forgiveness, redemption---and ultimately, what it means to be a family.

Hinduism is practised by nearly eighty per cent of India's population, and by some seventy million people outside India. In this Very Short Introduction, Kim Knott offers a succinct and authoritative overview of this major religion, and analyses the challenges facing it in the twenty-first century. She discusses key preoccupations of Hinduism such as the centrality of the Veda as religious texts, the role of Brahmins, gurus, and storytellers in the transmission of divine truths, and the cultural and moral importance of epics such as the Ramayana. In this second edition Knott considers the impact of changes in technology and the

flourishing of social media on Hinduism, and looks at the presence of Hinduism in popular culture, considering pieces such as *Sita Sings the Blues*. She also analyses recent developments in India, and the impact issues such as Hindu nationalism and the politicization of Hinduism have on Hindus worldwide. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

In *HARDPRESSED*, the highly anticipated second book of the Hacker Series that began with *Hardwired*, Blake and Erica face threats that put both their love and their lives on the line. Despite Blake Landon's controlling ways, the young and wealthy hacker finally won the trust of the woman he loves. Internet entrepreneur Erica Hathaway broke down the walls that kept her from opening her heart and her business to Blake. Ready to start this new chapter in her life, Erica is determined not to let anything come between them, even if that means giving Blake back some of the control he craves in and out of the bedroom. But when demons from her past threaten their future, Erica makes a decision that could change their lives forever.

From the pen of a master — the #1 bestselling, Booker Prize–winning author of *Atonement* — comes an astonishing novel that captures the fine balance of happiness and the unforeseen threats that can destroy it. A brilliant, thrilling page-turner that will keep readers on the edge of their seats. *Saturday* is a masterful novel set within a single day in February 2003. Henry Perowne is a contented man — a successful neurosurgeon, happily married to a newspaper lawyer, and enjoying good relations with his children. Henry wakes to the comfort of his large home in central London on this, his day off. He is as at ease here as he is in the operating room. Outside the hospital, the world is not so easy or predictable. There is an impending war against Iraq, and a general darkening and gathering pessimism since the New York and Washington attacks two years before. On this particular Saturday morning, Perowne’s day moves through the ordinary to the extraordinary. After an unusual sighting in the early morning sky, he makes his way to his regular squash game with his anaesthetist, trying to avoid the hundreds of thousands of marchers filling the streets of London, protesting against the war. A minor accident in his car brings him into a confrontation with a small-time thug. To Perowne’s professional eye, something appears to be profoundly wrong with this young man, who in turn believes the surgeon has humiliated him — with savage consequences that will lead Henry Perowne to

deploy all his skills to keep his family alive.

Young architect Michael Hillyard and artist Nancy McAllister are determined to get married despite his wealthy mother's disapproval. Then, minutes before their wedding, a terrifying accident and a cruel deception separate Michael and Nancy -- perhaps forever. Each pursues a new life -- Nancy in California, Michael in New York. But eventually nothing -- and no one -- can keep them apart as they keep their vow never to say good-bye.

USA TODAY bestselling author Olivia Gates introduces the first marriage-of-convenience novel in her Married by Royal Decree series. Only one thing stands between Aram Nazaryan and the high-powered position he craves: the proper wife. Although this billionaire would do anything to return to Zohayd, the desert kingdom he considers home, marrying Princess Kanza Aal Ajmaan is too high a price to pay. Or so he thinks—until he meets Kanza...and she turns his world upside down. After claiming Kanza as his princess, everything falls into place. But then she learns the truth. She may have married for love, but his vows are tainted by ambition. Will doubt, betrayal and mistrust end this too-convenient union?

Following the terrorist attack in New York on September 11, Deepak Chopra addresses the feelings it caused in all of us: fear, the meaning of death and how to find your "higher self" under catastrophic circumstances. The sort of questions he asks are: is there a deep wound at the heart of humanity? Will revenge salve this wound or aggravate it? He also comments "if you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world." Although this book has grown out of a tragedy that has affected us all, its spiritual message is also of general application in situations where one might be feeling extremely vulnerable, frighteningly angry, deeply sad

and trying to make sense of a terrible situation.

"Thalassa" este o idila din descendenta indepartata a lui Dafnis si Cloe a lui Longos, amestecata in sa cu elemente de inspiratie si cu procedee moderne. Alexandru Macedonski a compus-o in stilul unei poeme in proza si in maniera de simboluri a vechii poezii. Prinsa prin atatea fire de izvoarele culturii vechii si noi, Thalassa este o opera complexa cu multe planuri in profunzime si care a vrut si a izbutit sa creeze, poate mai mult decat un erou viu, un simbol tragic, in caracterul caruia se consuma drama idealismului.

Emma and her new allies have successfully taken down many of the demons of Goldy Pond. The last one standing in this demonic hunting ground is Leuis, but he's the most powerful of them all. None of the children's tactics seem to work on him, but some unexpected last-minute help may turn the tide of the battle. Can the children of Goldy Pond finally put an end to their despair? -- VIZ Media

Après avoir exploré plusieurs des lois de l'univers dans son précédent ouvrage, Isaac Plotain nous emmène à la découverte de deux voies de réalisation. Il raconte sa vie de chercheur dans la voie alchimique, comment il découvre l'histoire secrète des Frères Aînés de la Rose Croix, comment des Frères Chevaliers d'Héliopolis le contactèrent et lui apportèrent une aide précieuse dans la réalisation de ses travaux. Il explique comment ses recherches le conduisirent à découvrir la voie du coeur, comment s'opère le processus physiologique qui permet d'atteindre le même état que celui des Maîtres Alchimistes du passé et prolonger durablement la vie. Il nous invite à mettre en application cette voie du coeur dans notre vie quotidienne, à élargir notre conscience et notre reconnaissance d'appartenir à la fraternité universelle... Du point de vue spirituel, la grande majorité des aspirants sont encore des

enfants ! En spiritualité, l'urgence des temps n'existe pas. Le seul raccourci possible demeure la voie du coeur, car celle-ci sait toujours trouver son juste rythme. (Père Nicolas Ambroise)

Contactés par des êtres d'un autre plan, les membres du groupe AVALON reçoivent des informations qui leur permettent de découvrir une incroyable structure de l'univers et leur révèlent que le temps des contacts et des échanges entre les différents plans de l'univers est proche. Sciences secrètes est, dans une large mesure, un travail collectif effectué par l'ensemble des membres du Groupe AVALON qui, après avoir existé de façon informelle, s'est constitué sous forme d'organisme à buts non lucratifs. L'utilisation du « je » fut utilisée afin de donner à l'ouvrage une plus grande fluidité et une plus grande facilité de lecture. Dès les premières pages, vous y découvrirez les circonstances qui ont amené la constitution du Groupe AVALON.

Seventeen-year-old Cassia sacrifices everything and heads to the Outer Provinces in search of Ky, where she is confronted with shocking revelations about Society and the promise of rebellion.

Walking Between the Worlds
The Science of Compassion
Conveniently His Princess
Harlequin

The book you hold in your hand or you are just ordering from an online store is a unique book. It is the first book by the contemporary mystic Osho. At the beginning of his public life, Osho who is at that time a professor of philosophy at Jabalpur University, introduces people to a new and unique understanding of meditation during experiential meditation camps. He speaks to the participants and responds to questions. This book is the first published records of Osho's first meditation camp in Rajasthan, India. In fifteen small chapters he gives a condensed presentation of his understanding of meditation which he then elaborates in many more talks

and publications - but the essential message is already available in this book. Osho speaks to the individual, not to a collective, not the abstract collective of humanity, or a collective defined by religion or nationality or race but to individuals as the core element of existence. We used one of his opening comments as a longer quote on the front cover of the book as it seem so important "The individual is the unit of the whole and it is through him that both evolution and revolution can take place. You are that unit." Osho, mentions this book on several occasions in his later talks. When the second prime minister of India traveled to Russia, a copy of *The Perfect Way* was with him. And when someone in contact with Osho at the age of ninety stumbled upon *The Perfect Way*, he commented, "All my learning of the scriptures was futile, only this small book is enough." In *The Perfect Way* the reader meets a human being who knows, but who also knows how to convey what he knows. His genius in full flight, he points us as far as one can with words toward the inner world of the self, toward the zone of silence. What starts on a hot summer day in the early 1960's will prove to be the first seed of a revolutionary experiment in the flowering of human consciousness – one which will eventually transform the lives of millions of people all over the world. "To be without thoughts is meditation," Osho says. "When there are no thoughts, it is then we come to know the one hidden by our thoughts. When there are no clouds, the blue sky is revealed." This book is page after page of blue sky.

Discover the sensual and sweeping power of love in New York Times bestselling author Judith McNaught's contemporary romances that will make "you laugh, cry, and fall in love again" (RT Book Reviews)—now available for the first time on ebook. On Friday, a sensuous stranger enters Katie's life. By Sunday, her life is irrevocably changed forever. Katie Connelly

submerges her painful past in a promising career, an elegant apartment, and men she can keep at a distance. Yet something vital is missing from her life—until she meets proud, rugged Ramon Galverra. With his charm and his passionate nature, Ramon gives her a love she had never known. Still she is afraid to surrender her heart to this strong, willful, secretive man—a man from a different world, a man with a bold, uncertain future. Will Katie's relationship with Ramon survive once the thrill of their simmering passion subsides?

When Tate's best friend turns his back on him and sets out to ruin Tate's life, he decides to fight back.

Are there tried and true principles that are always certain to help a person grow? John Maxwell says the answer is yes. He has been passionate about personal development for over fifty years, and for the first time, he teaches everything he has gleaned about what it takes to reach our potential. In the way that only he can communicate, John teaches . . . The Law of the Mirror: You Must See Value in Yourself to Add Value to Yourself The Law of Awareness: You Must Know Yourself to Grow Yourself The Law of Modeling: It's Hard to Improve When You Have No One But Yourself to Follow The Law of the Rubber Band: Growth Stops When You Lose the Tension Between Where You are and Where You Could Be The Law of Contribution: Developing Yourself Enables You to Develop Others This third book in John Maxwell's Laws series (following the 2-million seller *The 21 Irrefutable Laws of Leadership* and *The 17 Indisputable Laws of Teamwork*) will help you become a lifelong learner whose potential keeps increasing and never gets "used up."

"Wouldn't it be heavenly to erase the mistakes of the past, eliminate confusion in your daily life, and feel safe about what tomorrow brings? In *Everyday Karma* I show you exactly how to

do that. I demonstrate how day-to-day thoughts and actions can plant karmic seeds in your life that will either blossom like flowers or take over like weeds. This book will guide you into a deep understanding of your own karma and give you the tools to heal the past and discover a more joyful future.” –CARMEN HARRA The author of *Everyday Karma* is one of the great psychics of our time, a veritable “karmic counselor” whose gifts have enabled her to help presidents, first ladies, Wall Street executives, royalty, and Hollywood celebrities achieve their true destinies. She predicted the collapse of the Soviet Union, John Kennedy Jr.’s death, President Clinton’s impeachment, and major karmic events around the world with better than 90 percent accuracy. Now, in *Everyday Karma*, she invites you to embark upon a journey of healing and enlightenment—and to start living the life that is yours alone. Through her own spiritual biography (beginning with a near-death experience when she was young), true stories from many of her clients, and her predictions of coming events, you’ll be inspired to initiate your own spiritual evolution. With powerful, specially created meditations, prayers, and visualizations, she helps you resolve your specific problems, even deeply ingrained and self-destructive ways of thinking and behaving. Unique among books about spiritual growth and healing, *Everyday Karma* emphasizes the great power of the karmic energy within you that is waiting to be tapped—and tells you exactly how to set it free, including how to Enter the invisible world of spirit and light Hear messages from your spirit guide Create karmic relationships Heal karmic wounds and improve your emotional and physical health Discover your karmic life purpose Bring fresh, positive, and balanced energy into your everyday world Most of us live our entire lives with, at best, a vague sense of dissatisfaction that even great fame and wealth seem unable to dispel. This book shows you another way. The lessons that Carmen Harra

learned from the invisible world and shares with you here will light your path to a transformed and deeply fulfilled life in the visible world, starting here and now.

An introduction to the teachings, concepts, schools, and practices of Buddhism explains the creation of the Buddhist universe, life of the Buddha, and enlightenment as a path to freedom from suffering.

In this book, philosopher Paul Brunton (1898-1981) encounters the mysteries and magic of Egypt in the 1930s, including an eerie yet illuminating night spent alone inside the Great Pyramid. Alongside his explorations of ancient Egypt's monuments and gods, Brunton encounters a variety of occultists, fakirs, and dervishes, and even manages to become initiated into the deadly art of snake charming. His frank interviews with Muslim leaders remain relevant today, and his description of the Hajj reflects the beauty and inspiring faith of Mohammad's true followers. Brunton's journey to discover the furthest reaches of what the mind and body are capable of--and to distinguish various forms of yoga and magic from true spirituality--lead him to the myth of Osiris and to the mystery that is the Sphinx itself. In the end, Brunton turns his attention to his own spiritual path, connecting all of his experiences into a single discovery: that we are more than the body and that the freedom of our spirit can be experienced here and now. This new edition has been updated to incorporate Brunton's final revisions and includes an introduction by the Paul Brunton Philosophic Foundation. "Paul Brunton was a great original and got to a place of personal evolution that illumines the pathways of a future humanity." --Jean Houston, author of *A Passion for the Possible* and *A Mythic Life* "Any serious man or woman in search of spiritual ideas will find a surprising challenge and an authentic source of inspiration and intellectual nourishment in the writings of Paul Brunton." --Jacob Needleman,

author of What is God?

From the "New York Times" bestselling author comes the sensational sequel to "Scandalous Again"--a masterful story of a brazen deception of the heart featuring the identity-exchanging de Lacy cousins. Original.

A New York Times Bestseller From #1 New York Times bestselling author Julia Quinn comes the story of Hyacinth Bridgerton, in the seventh of her beloved Regency-set novels featuring the charming, powerful Bridgerton family, now a series created by Shondaland for Netflix.

HYACINTH'S STORY Meet Our Hero . . . Gareth St. Clair is in a bind. His father, who detests him, is determined to beggar the St. Clair estates and ruin his inheritance. Gareth's sole bequest is an old family diary, which may or may not contain the secrets of his past . . . and the key to his future. The problem is—it's written in Italian, of which Gareth speaks not a word.

Meet Our Heroine . . . All the ton agreed: there was no one quite like Hyacinth Bridgerton. She's fiendishly smart, devilishly outspoken, and according to Gareth, probably best in small doses. But there's something about her—something charming and vexing—that grabs him and won't quite let go . . . Meet Poor Mr. Mozart . . . Or don't. But rest assured, he's spinning in his grave when Gareth and Hyacinth cross paths at the annual—and annually discordant—Smythe-Smith musicale. To Hyacinth, Gareth's every word seems a dare, and she offers to translate his diary, even though her Italian is slightly less than perfect. But as they delve into the mysterious text, they discover that the answers they seek lie not in the diary, but in each other . . . and that there is nothing as simple—or as complicated—as a single, perfect kiss.

From the acclaimed author of Her Every Fear and The Kind Worth Killing comes a diabolically

clever tale of obsession, revenge, and cold-blooded murder—a sly and brilliant guessing game of a novel in the vein of Ruth Ware, Paula Hawkins, and Patricia Highsmith. Harry Ackerson has always considered his stepmother Alice to be sexy and beautiful, in an "otherworldly" way. She has always been kind and attentive, if a little aloof in the last few years. Days before his college graduation, Alice calls with shocking news. His father is dead and the police think it's suicide. Devastated, Harry returns to his father's home in Maine. There, he and Alice will help each other pick up of the pieces of their lives and uncover what happened to his father. Shortly after he arrives, Harry meets a mysterious young woman named Grace McGowan. Though she claims to be new to the area, Harry begins to suspect that Grace may not be a complete stranger to his family. But she isn't the only attractive woman taking an interest in Harry. The sensual Alice is also growing closer, coming on to him in an enticing, clearly sexual way. Mesmerized by these two women, Harry finds himself falling deeper under their spell. Yet the closer he gets to them, the more isolated he feels, disoriented by a growing fear that both women are hiding dangerous—even deadly—secrets . . . and that neither one is telling the truth. The goals of this book are to help you discover that besides hunger there are six other factors that make you want to eat; help you realize how much you control what you eat, how you are doing this and why it may be harmful to you; teach you to quickly recognize the emotional wounds preventing you from eating a nutritious diet; help you love and accept yourself at every moment.

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