

## Lives Too Short To Go So F Cking Slow Lessons From An Epic Friendship That Went The Distance

"Chris Hani's assassination in 1993 gave rise to one of South Africa's great imponderables: if he had survived, what impact would he have had on politics and government in South Africa? More pointedly, could this charismatic leader have risen to become president of the country? Hani was a hero of South Africa's liberation, a communist party leader and Umkhonto we Sizwe chief of staff who was both intellectual and fighter, a man who could inspire an army but carried a book of poetry in his backpack. Hani led MK into its earliest battles, and carved a formidable reputation as a thinker, debater and peacemaker. Hani: A Life Too Short tells the story of Hani's life, from his childhood in rural Transkei and education at Fort Hare University to the controversial Memorandum of 1969, the crisis in the ANC camps in Angola in the 1980s and the heady dawn of freedom. Drawing on interviews and the recollections of those who knew him, this vividly written book provides a detailed account of the life of a great South African. "

One trouble-making dog brings together two perfect strangers in this USA Today bestselling romantic comedy full of "fierce humor and fiercer heart." (Casey McQuiston, NYT bestselling author of Red, White & Royal Blue) Two years after losing her fiancé, Sloan Monroe still can't seem to get her life back on track. But one trouble-making pup with a "take me home" look in his eyes is about to change everything. With her new pet by her side, Sloan finally starts to feel more like herself. Then, after weeks of unanswered texts, Tucker's owner reaches out. He's a musician on tour in Australia. And bottom line: He wants Tucker back. Well, Sloan's not about to give up her dog without a fight. But what if this Jason guy really loves Tucker? As their flirty texts turn into long calls, Sloan can't deny a connection. Jason is hot and nice and funny. There's no telling what could happen when they meet in person. The question is: With his music career on the rise, how long will Jason really stick around? And is it possible for Sloan to survive another heartbreak? USA Today bestseller Publishers Weekly bestseller Featured on NBC, NPR, PopSugar, Entertainment Weekly, Forbes, Business Insider, Bustle, Oprah.com Goodreads Choice Award Finalist for Best Romance SheReads Award Best Romance of 2020 Buzzfeed, Best Summer Romances of 2020 BookBub, 20 of the Best Romances of 2020 The Nerd Daily, Most Anticipated 2020 Titles Goodreads, 28 of the Hottest Romances of 2020 Bookpage, Most Anticipated Romance of 2020 Insider, Best Romance Books of 2020 SheReads Best Romances of 2020 Frolic's Best Books of 2020 YOU MIGHT BE ACCUSED OF BEING MANY THINGS IN LIFE - DON'T LET BEING NORMAL BE ONE OF THEM. STAY TRUE TO YOU - THE IDEA IS NOT TO CHANGE WHO YOU ARE BECAUSE EVENTUALLY YOU'RE GOING TO RUN OUT OF NEW THINGS TO BECOME. STAY WEIRD BECAUSE EVERYONE ELSE IS TAKEN.TAKE COLORING TO A WHOLE NEW LEVEL. Discover brilliant and popular Stay Weird sayings on every page.LOVE THE WEIRD, UNIQUE AND INDIVIDUAL. It's about 'Me Time'. Have fun, relax and be happy with just you and your own creativity.Find yourself and be that. Go where you feel most alive. The weirdest people are the best people. You can't do epic sh\*t with basic people. My favorite things are weird things.Stay true to your destiny. Stay weird. Do what is right for you. Stay weird. Celebrate individuality. Stay weird. Work on your own weirdness - own it! Stay weird. They say freak, you say unique. Look this is all very, very weird and I love it. I'd rather be weird than boring. Who is weirder - you or I? I'm not a one in a million kind of person - I'm a once in a lifetime kind of me. Keep calm and love your weirdness. I am like Friday - everybody likes me. I may be weird but then, the best people are. Make time for what matters. Stay weird. Take a vacation far away from normal. Today, be epic! Stay weird. It's true, straight up. Weirdness is truly special. Weird definition (noun, archaic, chiefly Scottish: a person's destiny. Stay true to your destiny. Stay weird. Do what's right for you. Stay weird. Celebrate your individuality. Stay weird. I don't go along with the crowd because I was born to stand out. The truth is, I'm just weird. I am not common because I am unique. I am fine with being weird...it keeps me from being bored with myself. Hang up the phone on an alien and a vampire - the definition of my differences. Some people are never human - it's rather weird. Do yourself the biggest favor - stay weird. You're weird...I know that, what's your point? I am weird and you know what? That's ok. So are the most interesting people. I chose to stay weird. I am destined to be weird because normal is not in my DNA. Weird is good - it's normal that is overrated. In the sea of ordinary people, it's always the weird that stands out. I don't do normal. I've got a reputation to uphold. Normal is like boredom - there's nothing sensible you can do with it. Stay true to you - an original is worth more than a copy. MAKE YOUR MARK AS YOU COLOR AWAY: Release stress, anger and find your true self as you color your own way.FOREVER PAGES: Turn your coloring book into a keeper. Each coloring page is printed on a separate sheet so you can create a beautiful book with no bleed through.COLOR-UP THE WILD AND THE BEAUTIFUL: Cute pet animals, secret gardens, beautiful flowers, birds, women, mystic motifs and more, for your coloring pleasure.YOUR ART STUDIO: Stunning coloring pages created by talented artists' passionate about the art of design.STAY WEIRD Coloring pages are designed with artistic adult colorists in mind. - Sized to frame at 8.5" x 11"- Single-Sided Pages- Printed on white paper- A selection of coloring pages for all coloring levels up to the most advanced. Tags: weird coloring book; stay weird adult coloring book; stay weird coloring book; adult stay weird coloring book; adult coloring books best sellers; adult coloring books; coloring books for adults relaxation; artists illustrators; mandalas; stress relieving patterns; coloring pages for adults; meditation; mindfulness meditation; nature mandalas coloring books for grownups; anti-stress management; stay weird coloring book; weird coloring book; weird coloring book; the weird coloring book; weird colouring books

WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR WINNER OF THE BRITISH SPORTS BOOK AWARDS FOOTBALL BOOK OF THE YEAR Why does an international footballer with the world at his feet decide to take his own life? On 10 November 2009 the German national goalkeeper, Robert Enke, stepped in front of a passing train. He was thirty-two years old and a devoted husband and father. Enke had played for a string of Europe's top clubs, including Barcelona and Jose Mourinho's Benfica and was destined to become his country's first choice in goal for years to come. But beneath the veneer of success, Enke battled with crippling depression. Award-winning writer Ronald Reng pieces together the puzzle of his friend's life, shedding valuable light on the crushing pressures endured by professional sportsmen and on life at the top clubs. At its heart, Enke's tragedy is a universal story of a man struggling against his demons. 'It should be on every British football fan's reading list' Metro During childhood, we are unaware of the power we have to change someone's life. That sometimes, we as children need to take matters into our own hands to save someone we love. On January 18, 1976, I saved two people. I saved my mother (an alcoholic) and I saved myself. A few weeks before that night, a guardian angel gave me a glimpse into how our lives could be if she would just stop drinking. From the age of five until the age of ten, our roles were reversed. I was the adult and she was the child and after that night, the tides began to turn and our new relationship had begun.

Hilarious satire of academia set in a northern California university literature department.

Kathy speaks frankly and authentically about the messiest parts of living, showing us that it's never too late to learn a lesson and live a life that makes more sense. She encourages us not only to take a risk but also to embrace it with all the strength we possess. Seize opportunities. Know your strengths. And don't cave in to uncertainty. Instead, run hard after God and trust his purpose for your life. With such an approach, even the most ordinary days can bring surprising moments of clarity and hope when we see the world through God's eyes and anticipate what he has for us just ahead! Book jacket.

Novelty Fishing Notebook Daily Diary / Journal / Notebook to write in, for creative writing, for creating lists, for Scheduling, Organizing, Recording your thoughts, Writing notes, to do lists or just to stay organized. Makes a wonderful gift idea for birthdays, Christmas or any special occasion. Details: Perfectly sized at 6' x 9' 120 page Premium Quality Cover High-quality white paper Flexible Paperback The pages are ready to be filled!

This is the perfect gift for those friends and loved ones who are over-worked and over-stressed. The book offers proof of what every puppy lover has always known ~ puppies are master when it comes to the art of relaxation! The delightful photographs of puppies dozing are paired with quotes from authors, philosophers, poets, and artists who all proclaim: There are few things in life that can't wait until after a good nap. So take it easy, slow down, and take time to savor these canine gems.

They were unlikely friends. She was a young, overweight college professor with a pack-and-a-half a day habit and a bad attitude. He was her boss, and an accomplished Ironman triathlete. She was a whiner, he was a hardass. He had his shit together, she most assuredly did not. Yet Susan and Carlos shared a deep and abiding friendship that traversed life, sport, illness, death, and everything in between. Amusing and poignant, Life's Too Short To Go So F\*cking Slow is about running and triathlon, growth and heartbreak, and an epic friendship that went the distance.

Welcome to "Reality Coverbooks" where we've taken the most relevant subject matters and decided to leave the content to your imagination, so we left the inside blank. That's right! Just a title page and many blank pages with lines, for you to write your own lines. It's a perfect gift, greeting card, notebook, personal journal, a game, conversation piece or the beginnings of your own bestseller! It's better than a book, and with almost 100 titles, it'll be difficult for you to pick just one!

Life's Too Short to Go So F\*cking Slow Lessons from an Epic Friendship That Went the Distance

This is an eclectic and personal selection of wines aimed at the regular wine drinker who is occasionally prepared to spend a little bit more than supermarket prices to get something really good, perhaps for a special occasion.

Examines the painful impact of low self-esteem and a poor self-image, explaining how to identify negative behavior patterns and develop the confidence and self-awareness to overcome them

Amazing Cake Notebook. A special gift perfect for journaling, writing notes, to do lists or just to stay organized. Perfect gift for a co-worker, friend or relative for birthdays, anniversaries, Christmas or simply to give as a gift any time of the year. The pages are ready to be filled! Size: 6 x 9, 100 lined pages, high-quality matte cover, high-quality smooth white paper

Every woman has either dated a jerk, or knows a friend that has dated one. But avoiding the jerks and attracting a decent man is actually a lot easier than you think. Forget watching reruns of Sex and the City or chatting with your girlfriends late at night. In this guidebook, a self-professed jerk comes straight out, speaks the truth, and systematically explains how to • spot, avoid, and say goodbye to jerks; • tell if a guy is wasting your time; • deal with players • hunt for good men (and where to hunt for them). You'll also learn how to avoid common mistakes, such as overrating initial chemistry, inadvertently hurting a man's ego, losing a good guy's interest and much more. Full of witty satire and sarcasm. Get ready to laugh out loud with this hilarious anti-game. What people had to say about this book: "Hey Willie, this is so entertaining! Ha ha you have a great sense of humor, and your statements are so true!" - Denise "We all know no one likes a tattletale. Hate the game, not the player. Every girl Tiger slept with knew he was married. Who is worse?" - Steve the player "That was such an enjoyable and enlightening read. I mean it's well written, witty, and one would think some of it is common sense, but sometimes people (i.e. me!) need common sense to slap them in the face!" - Cheryl "Willie whistle blower has a nice ring to it. You know someone's going to kick your butt one day? Good work!" - A guy Willie no longer parties with "I don't understand you. You go through university, build a promising career. Now you quit your job and write this book? Why would you tell the whole world you're an asshole?" - Willie's mom

Brilliantly researched and impassioned with real life experiences, Life Is Too Short to Be Anything but Happy and Healthy is filled with stories, remedies, and recipes that will touch your heart and your health. Take a deep breath and exhale slowly as Deanna shares her enjoyment of life over food and drinks with family and friends. Deanna has a personal expression and sincerity about her, always curious about all the possibilities but continuously looking for a positive outcome. Her words are spirited and direct, empathetic and vulnerable. Deanna's unwavering commitment to her faith, her honesty, and her gratitude are immediate and encouraging, begging the reader to ask, "Who am I in love and loss in all my conversations, friendships, relationships, conflicts, and resolutions?" Her frank style and delivery waste no time, getting to the heart and soul of life experiences that we all may share in one way or another. So moved by her personal story and life decisions, it would be a shame not to mention her steadfast conviction from beginning to end. She always radiates "that something," a unique gift of seeing something bigger than herself in every situation, never believing in the impossible, and seemingly putting all the pieces together, no matter what life hands her. Thank you, Lord, for your wonderful gift of life and for my dear friend and author, Deanna Mitchell. Thank you, Deanna, for granting me the greater perspective, the greater good, by being your friend for life. Aloha Pumehana, Kimo

Alice is sure she is about to be fired but instead she's offered a dream job in America. Her brief: to persuade the once massively successful, now reclusive, singer songwriter Wyatt Brown to record a new album. So Alice is off to New York - only New York turns out to be Ohio and her dream job isn't quite what she'd expected...

Real stories (If it wasn't a real story then what would you do if it was made-up but found to be true?). Stories for smiling (You don't have to brush or floss your teeth after you sink them into the story either). Somewhat but not entirely sad stories (But wait, they have a hopeful ending). Weird Stories (If you've ever been called "weird," take it from me, "weird" is another way of saying "Not yet understood," just like some of these stories). Serious stories (These may contribute to a shortage of paper goods). But, all are stories of appreciation in more than the two words of "Thank you," as they reflect on gratitude for real everyday, yet extraordinary up close, people in every stage of life throughout the

world. Each story includes inspiring quotes for gratitude to permeate throughout the reader's thoughts and feelings.

What does it feel like to drive a lorry that's out of control? What really goes on in a school full of unruly children? Could you travel all over the world for work? Whether we love it or hate it, work has a huge impact on our lives and in recent times working life has totally changed. So what is life really like at work today? From builder to baker to social care worker, these writers let us know. Some of their stories might surprise you. Some will make you laugh and some might make you cry. The one thing they all prove is that you can never be sure what your working day will bring.

Get this blueprint on how to make peace with food, achieve the vision of your best self, and live your best life. When Danielle Brooks became a nutritional therapist she was so excited to begin helping people she could hardly restrain herself. She would sit down with a client and customize the perfect diet just for them. Then, two weeks later, her client would return frustrated and upset because they just couldn't do it. This was when she realized she was trained on how to create a diet, not how to help people implement the diet. It wasn't until she was seeing a counselor for personal reasons that she stumbled onto "The Psychology of Food" and discovered the mental aspects of weight loss and behaviors around food. She learned how certain methods and practices could help her clients overcome the mental hurdles involved with sugar cravings and junk food binges. This practice has given her clients immediate results and a "can do" spirit that has been amazing to watch.

Running offers much more than road racing! After a decade of writing about running, sports columnist Susan Lacke found herself in a serious running rut. The runners around her seemed to be thriving, setting goals, and having fun, but her own interest in running was lackluster. Seeking to reengage with the sport she once loved, Lacke spends a year exploring running in its many shapes and forms, taking on running challenges that scare her, push her, and downright embarrass her. From races with giant cheese wheels to a regional wife-carrying competition, a naked 5K to climbing the dark stairwells of the Empire State Building, Lacke's brave forays and misadventures are chronicled in wondrous and funny stories. Running Outside the Comfort Zone uncovers the brash, bold, and very human sides of running, and along the way Susan rekindles her own crush on America's favorite all-comers sport.

Graham Badrock was born in 1954 in the south-eastern suburbs of Melbourne, Australia. That indeed made him a baby boomer. Growing up in the 1950s and 1960s, life was uncomplicated and easy. He recalled asking his father, "Are we middle class, Dad?" The family didn't seem to go without, and it wasn't until he was older that he had time to reflect on his good fortune. As he grew older, his leisure time was spent trying to find a girlfriend. When found, they embarked on a wonderful adventure, indulging in things that today might be off limits to their children. They moved to Balnarring on the Mornington Peninsula several years after being married. Had the 'Don's Party' times in their spa, much to the delight of the neighbourhood. Tried to learn to sail and almost drowned, conquered rock climbing with a degree of terror at Mt Buffalo. Grew up finally and moved to the Victorian town of Bright. Ran a bed and breakfast for over 19 years until the novelty of being nice every day took its toll. Finished signwriting after 45 years as technology caught up with him, thank God. Travelled all over the place, Norfolk Island where they almost crashed and escaped Lord Howe Island. They say, "Everyone has a story." This is 'his' so far.

This handy 6" x 9" lined notebook is A great inexpensive gift idea for any occasion.it makes a great birthday, Thanksgiving, Christmas or couple anniversary Gift For Monkey lovers 6X9 inch, 110 pages, lightly lined, matte softcover

'This book is a not-so-small joy in itself.' NIGELLA LAWSON 'Parkinson has the gift of making you look with new eyes at everyday things. The perfect daily diversion.' JOJO MOYES 'Always funny and frank and full of insight, I absolutely love Parkinson's writing.' DAVID NICHOLLS 'I loved this book . . . Parkinson's writing transports you to unexpected places of joy and comfort . . . these pages contain happiness.' MARINA HYDE 'The twenty-first century feels a lot more bearable in Parkinson's company.' CHARLOTTE MENDELSON Drawn from the successful Guardian column, these everyday exultations and inspirations will get you through dismal days. Hannah Jane Parkinson is a specialist in savouring the small pleasures of life. She revels in her fluffy dressing gown ('like bathing in marshmallow'), finds calm in solo cinema trips, is charmed by the personalities of fonts ('you'll never see Comic Sans on a funeral notice'), celebrates pockets and gleefully abandons a book she isn't enjoying. Parkinson's everyday exaltations - selected from her immensely successful Guardian column - will utterly delight. FEATURES BRAND NEW MATERIAL

Patricia Lorenz answers the time-honored question, "Don't we all have better things to do than fold our underwear?" with a resounding yes! This humorous look into Pat's household offers a welcome reality check for those times when your priorities become scrambled ...

The author recounts how, as an unhappy and extremely overweight fourteen-year-old boy, he decided to take control of his life, lose weight, and make friends, and shares his diet, exercise, and self-esteem secrets.

Bills, boyfriends, Bikram yoga... nobody said life was easy. But you can make it a whole lot less stressful with this ingenious guide to modern life. In LIFE'S TOO SHORT, Grace Saunders shares her shortcuts to success at work, at home and at play, along with terrific tips from those in the know. Whether you're a single lady, a committed career woman or a mega-busy mum, this book should be your bible. Need a quick fix for... How to plan a wedding without becoming Bridezilla How to find jeans that don't give you a massive muffin-top How to move house without having a nervous breakdown How to ease that agonising shoe spending guilt? Sit back and relax. LIFE'S TOO SHORT is just what you've been looking for.

"Here is a book on health that puts it all together—a book that gives you the feeling that a personal friend is sharing things of great value with you."—Norman Cousins, author of Anatomy of an Illness Do you expect to live to be 100—and remain healthy and active throughout your very long life? Walter M. Bortz, M.D., a leading authority on aging, former co-chairman of the AMA-ANA

Task Force on Aging, and faculty member at Stanford University, says you should. Drawing on a fascinating range of research into the human life span, he shows that America's thousands of centenarians are simply living out the healthy, active, natural life the human body was designed to achieve: one million hours, or 120 years. In this groundbreaking work, Dr. Bortz sets out the essential, controllable elements of longevity and spells out effective, dynamic strategies to help you prevent premature death and add decades of active, satisfying life. He outlines the basic practices you can start today—no matter what your age. And his program of eight simple directives includes both physical and psychological goals that feed the human spirit . . . and allow you to enjoy life fully for more years than you ever thought possible.

THE INSTANT NEW YORK TIMES BESTSELLER "A hilarious, tender, and altogether life-affirming gem of a book." --Emily Henry, bestselling author of Beach Read A brilliant and touching romantic comedy about two polar opposites, one adorable dog, and living every day to its fullest. When Vanessa Price quit her job to pursue her dream of traveling the globe, she wasn't expecting to gain millions of YouTube followers who shared her joy of seizing every moment. For her, living each day to its fullest isn't just a motto. Her mother and sister never saw the age of 30, and Vanessa doesn't want to take anything for granted. But after her half sister suddenly leaves Vanessa in custody of her baby daughter, life goes from "daily adventure" to "next-level bad" (now with bonus baby vomit in hair). The last person Vanessa expects to show up offering help is the hot lawyer next door, Adrian Copeland. After all, she barely knows him. No one warned her that he was the Secret Baby Tamer or that she'd be spending a whole lot of time with him and his geriatric Chihuahua. Now she's feeling things she's vowed not to feel. Because the only thing worse than falling for Adrian is finding a little hope for a future she may never see. BookRiot, Top Books of 2021

For many of us, the word "religious" evokes thoughts of brainwashing, violence and eye-rubbingly tiresome conversations. Why not be done with it? Combining wit and candor with sharp cultural observations, David Dark flips the script on religiosity, arguing that "If what we believe is what we see is what we do is who we are, there's no getting away from religion."

Fiction. Winner of the 2016 Michael Rubin Book Award. "There's a ferocious honesty in Loria Mendoza's work that we don't have nearly enough of these days. No posturing here. No dressing anything up to make it something it isn't. And she asks the questions we all ask but maybe don't always articulate out loud. 'But who's to say what love is?' a character asks. 'For all I know it's the cyst in my cheekbone throbbing under my fingertips.' That about says it, doesn't it? LIFE'S TOO SHORT is a no-holds-bar collection of hard-won truth. And did I mention it is funny as hell?"--Peter Orner "Loria Mendoza writes with fire and guts. There is an urgent and searching quality to the stories in LIFE'S TOO SHORT, and her prose imparts that urgency to her reader.

Her words are alive and remind us with each syllable, so are we."--Iris Smyles

Brazen Brit Janet Street-Porter proffers pithy pronouncements

Life is too short and I'm too tall! This means we are all much larger and much taller than all of our problems combined. This book is about ignoring all the B.S. and moving on with our lives.

This involves smelling the roses of existence, whilst experiencing the joys of what it truly means to be human. Life has a tendency to throw very difficult circumstances, humans and even our own minds in our paths, distracting us from what is truly important. Given that only have a limited time on this planet, why get involved in or create drama in our lives when none of this really matters to the Universe. The author hence takes us on a psychological and a philosophical journey on how to be taller than life, this is irrespective of physical height, gender and race. After all it's our life and we only get one!

This 5.5 x 8.5 journal with 200 cream-colored lined pages has a flexible soft cover (paperback) with a fun motivational quote. Great diary for notes, journaling, writing, goal setting, listing ideas, keeping inspirational quotes and more.

Susan and Carlos were unlikely friends. She was a young, overweight college professor and a bit of a trainwreck—juggling a divorce, a pack-a-day habit, and hiding empty boxes of wine under her bed. He was her boss, an Ironman triathlete, with life figured out. She was a whiner, he was a hard-ass. He had his shit together, she most assuredly did not. Trash-talking workouts, breakdowns, a devastating diagnosis—this heartwarming story of training buddies reveals a deep and abiding friendship that traversed life, sport, and everything in between. Their journey reveals the inspiring power of sports and friendship to change lives forever. Amusing and poignant, Life's Too Short To Go So F\*cking Slow is about running and triathlon, growth and heartbreak, and an epic friendship that went the distance.

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