

Minimalist Running Sandals Huaraches 6 Steps With

Get the book that covers what you need to know about foot care, including footwear, prevention, and treatment. Hiking, backpacking, running, walking, and other athletic endeavors, your feet take a beating with every step. Don't wait until foot pain inhibits your speed, strength, and style. Learn the basics—along with the finer points—of foot care before pain becomes a problem. Foot expert and ultrarunner John Vonhof and physical therapist Tonya Olson share how the interplay of anatomy, biomechanics, and footwear can lead to happy (or hurting!) feet. Fixing Your Feet covers all that you need to know to care for your feet, right now and hundreds of miles down the road! Inside You'll Find Tried-and-true methods of foot care from numerous experts Tips and anecdotes about recovery and training Information about hundreds of foot-care products for nearly every foot ailment High-interest topics such as "Barefoot & Minimalist Footwear," "Blister Prevention," and "Providing Foot Care for Athletes" Discussions of individual foot care and team care "From heels to toes, products to pathology, resources to rehabilitation, this book has it all. An essential guide." —Runner's World

"The Big Sea" by Langston Hughes. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

"The students of Room 26 are doing reports about the jobs they want to have when they grow up--and Humphrey the classroom pet hamster helps aspiring magician Miranda show the class about her own dream job"--

"Barefoot Ken Bob is The Master. Long before anyone else was even talking about barefoot running, he was perfecting the art . . . Now, after twenty years of teaching, experimenting, and "merry marathoning" (as he calls it), the first and best source of barefoot-running knowledge is bringing his ideas to print. And it's about time." —Christopher McDougall, author of Born to Run: A Hidden Tribe, Super Athletes, and The Greatest Race the World Has Never Seen "Ken Bob Saxton, a pioneer of the modern barefoot running movement, has logged more miles in his birthday shoes than just about anyone I know, and he has helped countless people run barefoot. As one would expect, this delightful book, full of wit and wisdom, is an invaluable guide for anyone who wants to run barefoot, avoid injury, and have fun." —Daniel E. Lieberman, professor of Human Evolutionary Biology, Harvard University

"This is a wonderful guide from the Godfather of barefoot running!" —Irene Davis, Ph.D., director of Spaulding National Running Center, Harvard Medical School Learn Barefoot Running From the Master! Almost overnight, barefoot running has exploded onto the fitness scene. However, it involves more than simply taking off your shoes. In fact, everything you've learned about barefoot running is probably wrong—unless you've learned it from Barefoot Ken Bob Saxton. The leading instructor and proponent of unshod running, he has completed 76 marathons barefoot, survived an astounding marathon-a-month challenge in 2004, and gone on to top that with 16 marathons in 2006, including four in a 15-day period—all barefoot. Barefoot Running Step by Step separates the facts from the hype, outlines Ken Bob's personal techniques, and details the latest research on the newest trend in mankind's oldest sport. Whether you barefoot run occasionally, part-time, or full-time, you'll find methods for improving your form, staying injury-free, dramatically improving your speed and performance, and having more fun. The Bent Knee: Here is the hidden secret to perfect running form. Learn how this crucial adjustment will keep you running stronger and injury-free for life. Vibrams and Minimalist Shoes: Barefoot running is not a transition from shoes to minimalist shoes to bare feet. It's the other way around. Discover why you need to run barefoot before you use other footwear. Start From the Head: Proper barefoot form doesn't start at the feet. Discover how to get the correct body biomechanics. Ease Into It: Here are the steps you need to take to make the transition from running in shoes to barefoot running as painless and easy as possible. Improve Speed: Barefoot running's injury reduction benefits are well-touted; however a new landmark study proves that barefooting—even part-time—can make you faster. Barefoot Running Step by Step is filled with series photos and illustrations that show you the "do's" and "don'ts" of barefoot running, the latest research, and Ken Bob Saxton's personal experiences and insights for running barefoot for life.

The #1 New York Times bestselling novel and basis for the Academy Award-winning film—a timeless and universal story about the lines we abide by, and the ones we don't—nominated as one of America's best-loved novels by PBS's The Great American Read. Aibileen is a black maid in 1962 Jackson, Mississippi, who's always taken orders quietly, but lately she's unable to hold her bitterness back. Her friend Minny has never held her tongue but now must somehow keep secrets about her employer that leave her speechless. White socialite Skeeter just graduated college. She's full of ambition, but without a husband, she's considered a failure. Together, these seemingly different women join together to write a tell-all book about work as a black maid in the South, that could forever alter their destinies and the life of a small town...

Move to live, live to move! Health and fitness is a bushy, multi-disciplinary practice that includes body, mind, spirit and the creative imagination. Exuberant Animal explores the totality of human health and promotes a truly integrated approach that spans culture, biology, psychology and animal behavior. You'll discover powerful new ideas for movement and living that will stimulate your vitality, creativity and enthusiasm. "Frank is a superb writer. His voice is clear, accurate and accessible." Robert Sapolsky "No joy, no gain!—that might well be Frank Forencich's exercise motto. A nation filled with fit, playful hominids fully in touch with their evolutionary heritage is a true pleasure to contemplate." Bill McKibben "I really appreciate Frank's innovative approach. His method is sophisticated, playful and holistic." Debbie Armstrong 1984 Olympic Gold Medalist

The third novel in a World War I alternate history series where America's greatest weapon against Germany is Black Chamber secret agent Luz O'Malley and technical genius Ciara Whelan. Only they can protect America's best hope of winning the war. The Great War is at a stalemate, and the only thing stopping Germany from striking America is the threat of the United States using their own Annihilation Gas against them. But America's supply is quickly decaying and the Central Powers know it. A plant is under construction in the remote highlands of Mexico so that America can make their own supply. President Teddy Roosevelt assigns crack agent Luz O'Malley and her technical genius Ciara Whelan to watch over the plant operating under cover identities. But German agent Horst von Duckler has escaped from the POW camp in El Paso, and he's heading in the same direction--bent on revenge against Luz, and sabotage that will deprive America of its deterrent and kill tens of thousands.

From the authors of the bestselling Chi Running, a game-changing training guide for injury-free long distance running. In Chi Marathon, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of

movement the prime goal of one's training. Chi Marathon is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. Chi Marathon also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With Chi Marathon you can enjoy the run and feel confident no matter the distance. Most serious runners don't realize their potential. They simply stop getting faster and don't understand why. The reason is simple: most runners are unable to run by feel. The best elite runners have learned that the key to faster running is to hear what their bodies are telling them. Drawing on new research on endurance sports, best-selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners. RUN: The Mind-Body Method of Running by Feel will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way. Fitzgerald's mind-body method will revolutionize how runners think about training, their personal limits, and their potential. RUN explains how to interpret emotional and physical messages like confidence, enjoyment, fatigue, suffering, and aches and pains. RUN guides readers toward the optimal balance of intensity and enjoyment, volume and recovery, repetition and variation. As the miles add up, runners will become increasingly confident that they are doing the right training on the right day, from one season to the next. RUN marks the start of a better way to train. The culmination of science and personal experience, the mind-body method of running by feel will lead runners to faster, more enjoyable training and racing.

Older Yet Faster (book with illustrations and photos, and online lesson and exercise videos) is a manual for teaching runners how to transition to efficient running and to help them to avoid incurring almost all of the common running injuries as they do so. It is ideal for beginners to learn how to run well and for experienced runners to changeover to good technique. Coaches can also use this book as a reference on how to implement technique change for their clients, and we expect it to become the go-to manual for medical professionals, to help them deal with running related injuries caused by bad technique and footwear. After learning how injuries are caused and then gaining a good understanding of running technique in the early chapters you will be prepared to read about our technique-change system which we call "OYF Running". This consists of "Keith's Lessons" used in combination with "Heidi's Strengthening Exercises" and forms the main body of the book." Keith shows you how to run efficiently in a simple, step-by-step guide both in the book and with videos. Each Lesson provides exercises set out in a format which is both easy to understand and implement. The first three lessons teach you the basics of running correctly and the last three help you put these into practice and help you to refine your technique over the period of your transition. This program is set up so that runners can teach themselves in conjunction with the online videos and forum. Heidi's Strengthening Exercises consists of a well-ordered series of exercises which will help your body safely adjust to the redistribution of the workload and are essential to rebuild parts of the body which have been neglected due to poor technique. It should be started as soon as possible, in order to build strength and to deal with the resultant muscle and tendon soreness that you will start to experience. We identify specific injuries and how they are caused and we show how by improving running technique, and re-strengthening these injuries are quickly cured. Podiatrists will find Heidi's experiences and advice particularly interesting, especially as they will almost certainly, be in conflict with what is still taught in universities. Chapters Twelve and Thirteen, 'Managing the changes' and 'Rehabilitation', explain what should happen during the transition and what to do should you get injured, or if you are currently injured. Chapter Fourteen is very important as you must have suitable footwear to run with good technique. There is then a chapter on how your body shape will change as you adopt your new technique and a chapter on general tips and traps a list of commonly used terms, a glossary and an index. Finally, we have included three appendices: For Coaches, For Podiatrists and a detailed look at Heidi's strengthening program. In Appendix A, Keith discusses how to implement his Lessons from a coach's point of view, in Appendix B, Heidi explains how she treats her patients who are suffering with specific injuries and in Appendix C she explains her Strengthening program in greater detail for medical professionals and interested runners.

Running barefoot isn't as natural as we're led to believe. Recent studies have shown that up to 85% of runners get injured every year, how natural is that? The most important question that running "barefoot" or "naturally" doesn't address is how we should run. Repetitive ground impact forces are at the root of most running injuries. A 30 minute jog can log more than 5,000 foot strikes; its because of this volume of movement that efficient

The popular singer traces the story of her life and career from her Arizona upbringing in a musical family and her rise to stardom in Southern California to her role in shaping 1970s sounds and her collaborations with fellow artists.

In Vermont, one of the world's most extreme endurance events pushes racers to their absolute limits. With no defined start nor finish, the DEATH RACE strips life's comforts and forces racers to overcome the challenges they will face. In this riveting narrative, Matesi, takes readers deep into his thoughts and actions to complete this event.

Born to Run A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen Vintage

[In this book, the author's] analysis of the effects and causes of capitalist underdevelopment in Latin America present [an] account of ... Latin American history. [The author] shows how foreign companies reaped huge profits through their operations in Latin America. He explains the politics of the Latin American bourgeoisies and their subservience to foreign powers, and how they interacted to create increasingly unequal capitalist societies in Latin America.-Back cover.

16-year-old Mochizuki Touya continues everyday life in his new world, well aware that it could all come tumbling down at

any moment. He's the budding administrator of Babylon, the fledgling grand duke of Brunhild, and now he's a... mecha pilot? Desperate to find a way to halt the incoming Phrase onslaught, Touya makes a mad dash for the Hangar of Babylon, hoping it can give him the edge he needs. What he finds is the Frame Gear, an ancient humanoid fighting machine! Join Touya and his ever-growing band of wives as they tap into their mechanical sides. All systems standby for a tale of swords, sorcery, and oversized wrenches.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Children's literature's answer to *Born to Run* The first and only children's book about barefoot running, *What Should I Put on My Feet to Go Run?* teaches children about the inherent silliness of our culture's obsession with shoes through an entertaining tale that kids will love. The book tells the story of a little bear cub who is eager to go run around outside but unfortunately has some very human preconceptions about what he needs to wear on his feet. He peppers his bemused mother with a series of increasingly silly questions as she patiently reminds him that "a bear's foot should be barefoot." Written in charming verse and vibrantly illustrated, *What Should I Put on My Feet to Go Run?* will enchant readers of all ages. Whether you're a fan of *FiveFingers* or just of bears and their toes, a minimalist marathon runner or a child who loves to play outside, the book will remind you of the simple childhood joys of bare feet, soft grass, and warm summer sunshine. Excerpt: "But what about sneakers, should I wear some of those While I'm running around so I don't stub my toes?" ... "No, silly bear--listen to me, please: To go run around you don't need galoshes or skis. "You just need some feet and some fur in the breeze And some grass and some sunlight, and maybe some trees. "For a bear's foot should be barefoot; it's really the best way For a bear to run around on a honey-sunny day."

The coolest coloring book out there, with images by famed tattoo artist Freddy Negrete, named one of the top five living legends of tattoo artistry. For everyone who loves coloring books, but finds the flowers-and-butterflies options too tame, here is the coloring book with street cred. With pages and pages of original tattoo designs by the legendary prison-style (i.e. black-and-gray) tattoo artist Freddy Negrete, *The Tattoo Art of Freddy Negrete*, combines the mind-calming activity of coloring with a badass attitude! **COSTUME, CLOTHES & FASHION.** This one-of-a-kind, A-to-Z reference work contains over 150 fascinating entries and intriguing sidebars that look at feet and adornment of feet across the many cultures of the world throughout time. A wide range of international and multicultural topics are covered, including footbinding, fetishes, diseases, customs and beliefs, shoe construction, myths and folktales, the history of footwear, iconic brands and types of shoes, removing shoes upon entering a house, covering feet up for social customs, and the types of footwear worn around the world.

A transporting and brilliant comic novel narrated by an unforgettable woman: Karen Nieto, an autistic savant whose idiosyncrasies prove her greatest gifts As intimate as it is profound, and as clear-eyed as it is warmhearted, *Me, Who Dove into the Heart of the World* marks an extraordinary debut by the award-winning Mexican playwright, journalist, and poet Sabina Berman. Karen Nieto passed her earliest years as a feral child, left alone to wander the vast beach property near her family's failing tuna cannery. But when her aunt Isabelle comes to Mexico to take over the family business, she discovers a real girl amidst the squalor. So begins a miraculous journey for autistic savant Karen, who finds freedom not only in the love and patient instruction of her aunt but eventually at the bottom of the ocean swimming among the creatures of the sea. Despite how far she's come, Karen remains defined by the things she can't do—until her gifts with animals are finally put to good use at the family's fishery. Her plan is brilliant: *Consolation Tuna* will be the first humane tuna fishery on the planet. Greenpeace approves, fame and fortune follow, and Karen is swept on a global journey that explores how we live, what we eat, and how our lives can defy even our own wildest expectations. The solution for chronic inflammation, regarded as the cause of the most common modern diseases, has been identified! *Earthing* introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This never-before-told story, filled with fascinating research and real-life testimonials, chronicles a discovery with the potential to create a global health revolution.

Starting today, you don't have to live in pain. "This book is extraordinary, and I am thrilled to recommend it to anyone who's interested in dramatically increasing the quality of their physical health."—Tony Robbins That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cizes specifically designed to provide quick and lasting relief of:

- Lower back pain, hip problems, sciatica, and bad knees
- Carpal tunnel syndrome and even some forms of arthritis
- Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ
- Shin splints, varicose veins, sprained or weak ankles, and many foot ailments
- Bursitis, tendinitis, and rotator cuff problems

Plus special preventive programs for maintaining health through the entire body. With this book in hand, you're on your way to regaining the greatest gift of all: a pain-free body!

Every athlete who spends time in the weight room eventually deals with pain/injury that leaves them frustrated and unable to reach their highest potential. Every athlete ought to have the ability to take the first steps at addressing these minor injuries. They shouldn't have to wait weeks for a doctor's appointment, only to be prescribed pain medications and told to "take two weeks off lifting" or, even worse, to "stop lifting so heavy." Dr. Aaron Horschig knows your pain and frustration. He's been there. For over a decade, Dr. Horschig has been a competitive weightlifter, and he understands how discouraging it is to tweak your back three weeks out from a huge weightlifting competition, to have knee pain limit your ability to squat heavy for weeks, and to suffer from chronic shoulder issues that keep you from reaching your goals. *Rebuilding Milo* is the culmination of Dr. Horschig's life's work as a sports physical therapist, certified strength and conditioning specialist, and Olympic weightlifting coach. It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world. Now he wants to share that knowledge with you. This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. After discovering the cause of your injury, you'll be able to create an individualized rehab program as laid out in this book. Finally, you'll be on the right path to eliminate your pain and return to the activities you love.

Explains why running injuries are so common, examining running form, running shoe design, and training, and includes insights on such topics as the evolution of running, stress-related injuries, and the advantages of barefoot running.

Dr. Yessis, a renowned fitness expert, goes beyond miles and minutes as he breaks down the mechanics of running and offers exercises that specifically work the muscles used.

For readers of *Born to Run* by Christopher McDougall, *The Barefoot Running Book* lends practical advice on the minimalist running phenomenon. Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly-manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, *The Barefoot Running Book* shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

"The fulfilled renown of *Moby-Dick* and of *As I Lay Dying* is augmented by *Blood Meridian*, since Cormac McCarthy is the worthy disciple both of Melville and Faulkner," writes esteemed literary scholar Harold Bloom in his Introduction to the Modern Library edition. "I venture that no other living American novelist, not even Pynchon, has given us a book as strong and memorable." Cormac McCarthy's masterwork, *Blood Meridian*, chronicles the brutal world of the Texas-Mexico borderlands in the mid-nineteenth century. Its wounded hero, the teenage Kid, must confront the extraordinary violence of the Glanton gang, a murderous cadre on an official mission to scalp Indians and sell those scalps. Loosely based on fact, the novel represents a genius vision of the historical West, one so fiercely realized that since its initial publication in 1985 the canon of American literature has welcomed *Blood Meridian* to its shelf. "A classic American novel of regeneration through violence," declares Michael Herr. "McCarthy can only be compared to our greatest writers."

Node.js Recipes is your one-stop reference for solving Node.js problems. Filled with useful recipes that follow a problem/solution format, you can look up recipes for many situations that you may come across in your day-to-day server-side development. Node.js is accessible to those who not only relish in server-side programming but also web developers who understand the ubiquitous language of the web. Node.js Recipes covers all the essential ingredients required to become a seasoned Node.js developer in no time - make it your indispensable reference today. What you'll learn Learn Node.js's beginnings and what problems it addresses Build an understanding of Node.js's native capabilities Create servers that communicate via TCP/IP, HTTP, and HTTPS Understand and implement test-driven development practices Successfully work with FileSystem, events, and child processes Create a WebSocket server, use Socket.io, and frameworks such as ExpressJS and Yahoo! Mojito Connect to a DataStore using Mongoose, MongoDB, MySQL and CouchDB Implement security and cryptography using HMAC and TLS Test synchronous and asynchronous code, and build a full test suite Debug and deploy your application to Heroku, Nodejitsu and Windows Azure Use Amazon Web Services to successfully host your Node.js application Who this book is for Node.js Recipes is for the reader who has some familiarity with JavaScript. They may have experience writing server-side JavaScript, but would like to get a more sound understanding of the capabilities that Node.js holds. This book will give them recipes enabling them to hone their JavaScript skills in a way that will harness Node.js and help them wrangle JavaScript on the server. Table of Contents Understanding Node.js Networking with Node.js Working with the FileSystem Building a Web Server Using Events and Child Processes Implementing Security and Cryptography Discovering Other Node.js Modules Creating a WebSocket Server Using Web Server Frameworks Connecting to a DataStore Testing in Node.js Debugging and Deploying your Application

This resource book braids together the cultural, political and economic realities which together shape Mexican history. The guiding question for the book is that of: "What do we need to know about Mexico's past in order to understand its present and future?" To address the question, the interdisciplinary resource book addresses key themes including: (1) land and resources; (2) borders and boundaries; (3) migration; (4) basic needs and economic issues; (5) social organization and political participation; (6) popular culture and belief systems; and (7) perspective. The book is divided into five units with lessons for each unit. Units are: (1) "Mexico: Its Place in The Americas"; (2) "Pre-contact to the Spanish Invasion of 1521"; (3) "Colonialism to Independence 1521-1810"; (4) "Mexican/American War to the Revolution: 1810-1920"; and (5) "Revolutionary Mexico through the Present Day." Numerous handouts are included with a number of primary and secondary source materials from books and periodicals. A map of Mexico, a chronology, and a glossary are included in the appendices. (EH)

At publication date, a free ebook version of this title will be available through Luminos, University of California Press's Open Access publishing program. Visit www.luminosoa.org to learn more. *Virtuous Waters* is the first study of mineral waters and bathing in Mexico. It traces the evolving ideas about these waters, from European contact to the present, in order to shed new light on human-environment relations in the modern world. Our relation to water is among the most urgent of global issues, as increasing scarcity and pollution threaten food shortages, deteriorating public health, and the collapse of aquatic ecosystems. Drawing on ideas from political ecology, the author brings together an analysis of the shifts in the concept of water and a material history of environments, infrastructures, and bathing. The book analyzes a range of issues concerning complex "water cultures" that have formed around Mexican groundwaters over time and suggests that this understanding might also help us comprehend and confront the water crisis that is coming to a head in the twenty-first century.

This New York Times bestselling business paperback chronicles the unlikely opportunities that transformed this unknown novelty label into an American icon. This is the story about how Barefoot Wines helped transform an entire industry from stuffy and intimidating to fun and socially aware.

Examines the harmful effects that running in shoes can have on feet, knees, and hips and discusses the benefits of barefoot running, with advice on training, proper form, and dealing with weather and terrain.

The revised edition of the bestselling *ChiRunning*, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In *ChiRunning*, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. *ChiRunning* employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. *ChiRunning* enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step *ChiRunning* training program.

Mildred A. Wirt enjoyed a long and productive career as a writer of juvenile fiction, most famously penning most of the early Nancy Drew mysteries. Here, she turns her considerable talents to a new series, featuring the adventures of a troop of Brownie Scouts. Drawing on authentic Brownie lore and traditions, she has crafted a delightful series of adventures for readers of all ages to enjoy. This volume collects all 6 novels in the series: *Brownie Scouts at Snow Valley* *Brownie Scouts in the Circus* *Brownie Scouts in the Cherry Festival* *Brownie Scouts and their Tree House* *Brownie Scouts at Silver Beach* *Brownie Scouts at Windmill Farm* If you enjoy this volume of the MEGAPACK® series, search your favorite ebook store for "Wildside Megapack" to see the more than 400 other volumes of classic works available.

From evolutionary biologist Rowan Hooper, an awe-inspiring look into the extremes of human ability—and what they tell us about our own potential—"an intriguing...look at some of the things that make us human—and more" (Kirkus Reviews). In 1997, an endurance runner named

Yiannis Kouros ran 188 miles in twenty-four hours. Akira Haraguchi can recite pi to the 100,000th decimal point. John Nunn was accepted to Oxford University at age fifteen. After a horrific attack by her estranged husband, Carmen Tarleton was left with burns to more than eighty percent of her body. After a three-month coma, multiple skin grafts, and successful face transplant, Tarleton is now a motivational speaker. What does it feel like to be exceptional? And what does it take to get there? Why can some people achieve greatness when others can't, no matter how hard they try? Just how much potential does our species have? Evolutionary biologist Rowan Hooper has the answers. In *Superhuman* he takes us on a breathtaking tour of the peaks of human achievement that shows us what it feels like to be extraordinary—and what it takes to get there. Drawing on interviews with these “superhumans” and those who have studied them, Hooper assesses the science and genetics of peak potential. His case studies are as inspirational as they are varied, highlighting feats of endurance, strength, intelligence, and memory. *Superhuman* is “terrifically entertaining. Hooper is that precious thing; an easy, fluent, and funny scientist. The message from this upbeat, clever, feel good book is that we all have greater capacity than we realize. Spectacularly enjoyable” (The London Times), this is a fascinating, eye-opening, and inspiring celebration for anyone who ever felt that they might be able to do something extraordinary in life, for those who simply want to succeed, and for anyone interested in the sublime possibilities of humankind.

In this innovative, performative approach to the expressive culture of the Yaqui (Yoeme) peoples of the Sonora and Arizona borderlands, David Delgado Shorter provides an altogether fresh understanding of Yoeme worldviews. Based on extensive field study, Shorter's interpretation of the community's ceremonies and oral traditions as forms of “historical inscription” reveals new meanings of their legends of the Talking Tree, their narrative of myth-and-history known as the Testamento, their fabled deer dances, funerary rites, and church processions.

The decluttering craze meets a passion for sustainable living and interior design in this gorgeous new book for readers of *The Life-Changing Magic of Tidying Up*. This book promises an opportunity for self-reflection and lasting change, by getting to the bottom of why we've accumulated too much stuff in the first place, therefore allowing us to transform our lives. Professional decluttering and design team Cary and Kyle of *New Minimalism* will take you through every step, from assessing your emotional relationship to your stuff to decluttering your home to then turning it into a beautifully designed space that feels clean and tidy without feeling sparse or prescriptive. And all of this without filling up a landfill—you'll find resources and strategies to donate and reuse your stuff so you don't have to feel guilty about getting rid of it!

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