

Bookmark File PDF Naked In Public A Memoir Of Recovery From Sex Addiction And Other Temporary Insanities

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Does public speaking paralyze you and tie your stomach into knots? Want to get a standing ovation every time? What goes into a dazzling opening and closing? Does the prospect of facing embarrassing judgment make your palms sweat? Or do you want to learn how to absolutely own the stage and become a magnetic speaker? Public speaking and presenting is one of the most common phobias -- and it's completely understandable. When else in our lives are we so open and vulnerable? But it's a necessary evil in all aspects of our lives, whether professionally and personally. From making a presentation in the boardroom to being more confident with the opposite sex, your speaking skills will take you to the next level and get what exactly what you want in your life. Fearless Public Speaking is the rare book that will (1) help you destroy your anxiety so you can confidently take any stage, and (2) once you're up there, be unforgettable and captivating as a speaker. The tenets in this book come from studying the experiences of the best presenters in the world, from CEOs, standup comics, to actors, and more. Jason Bax, noted actor, speaker, and entrepreneur, lends his thoughts in a guest chapter. And me? I'm a social skills and charisma coach, speaker, and semi-professional musician who thrives in front of the crowd... but I wasn't always like this - I know your struggles and I can help you from point A to point B!

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How will you learn to captivate audiences? •Why knowing where your audience gets their news is key to your memorability. •How to construct a bulletproof opening and closing. •How to make sure you reach any audience emotionally. •Overcoming stage fright and jitters with mental rehearsal techniques. As well as... •What rehearsed spontaneity is and how it makes your audience connect. •Stage presence techniques of the masters of performance like Freddie Mercury. •How standup comics own the stage and win over hostile crowds. •What a memory palace is and how it will help you memorize your speech. Put the audience in the palm of your hand, starting now! •Feel confident and empowered in taking the stage anywhere, anytime. •Speak your way to better jobs and relationships with each mini-presentation. •Build a reputation as an effective and engaging speaker. •Learn to overcome judgment and build self-confidence. •Own the room, audience, and applause.

Memoir of a heart-wrenching life of a little girl who made it through, though adult life got worse, even through six abusive marriages and lots of illnesses.

How Do You Grab a Naked Lady? is a sexy, horrific, funny, honest-to-the-bone memoir, with many interesting twists and turns. Sharon was torn between two opposing forces, her mother and dad. Her dad was an idealist, nothing but the best for his daughter. But with her mother, there was a bit of a problem. Mother was irrational, charming, seductive, unpredictable, and a brilliant woman with tendencies towards emotional outbursts, foul language and parading naked in public.

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Not the role model young Sharon wanted. Only choice left: Dad's dream of the white picket fence, including squeaky-clean husband, two children, a beautiful home and enough financial security so that his daughter would never need to work. Sharon continually searched for the squeaky clean husband and the white picket fence. But she had two failed marriages. And many, many men. Too many. She came up empty. Sharon began to question her Dad's dream of the white picket fence. Eventually she discovered the answer in the most unlikely source—her Mother.

The road to sobriety is hard, and I don't intend to sugar coat any part of it for you. In this book I will take it back to the beginning. My life was that of a hardcore weekend binge drinker, one blackout night after another. I welcome you into my rock bottom moments, my losing all control, and my putting my life back together, piece by piece. Sober as F\*\*\* is a personal memoir of my first two years of sobriety, but it is not only about becoming sober from alcohol. I was forced to face and accept many sobering realities about myself along the way when I put down the bottle. Everything in my life had to be broken down to nothing in order to rebuild it from the ground up. I would have to acknowledge my unhealthy relationships with men, come to terms with depression and anxiety, and to realize that I had been drowning all of my issues and emotions away, one swig of vodka at a time. In the beginning of my sobriety, I looked for support in many places. All of the books and stories I found never fit what mine looked like. So this one is for all the people out there with stories like mine, looking for reassurance that

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there can be a light at the end of the tunnel. I was so desperate to find that kind of reassurance during my journey, so I hope my story can be that for you. To the millennial weekend binger, to the young woman so desperate to feel love, to the one losing all hope that things can get better ... This one is for you.

Editors: May 1749-Sept. 1803, Ralph Griffiths; Oct. 1803-Apr. 1825, G. E. Griffiths.

The texts which comprise this small book - forms of essay, talk, dialogue - at one time saw themselves as individualists who went somewhere (to small press magazines) on their own. Now they are here, collected with the chance of going nowhere together. As it should be: since they represent the fate of language and translation in the memory of aliens living inside America - like a family going nowhere together, but at home. The philosopher Jacques Derrida and his family are part of this family in the dead letter office, and curiously they are named going nowhere together at home. Along the way, so are the poets Charles Reznikoff and William Carlos Williams and Emmanuel Hocquard and Juliette Valery and Charles Olson, as well as Horace's Odes in translation. You will find in this Memoir what it means for an alien to search for his family in a book outside the time of its writing. You will find him discovering that translation is a personal story and that poetry might not have a home without it. You will find him wondering: whose voices are these which we hear around us as we write, as Babel turns to rumor through the fact of translation, wherein a book is being made and remade from American to French and back again? You will find

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him through translation like a Being in the Poetry of the Extraterritorial, an un-owned territory which is neither French nor American but is negotiated by the rumor of a poetry which emerges from both, a future condition (État) which seeks the name it could be but is not. Follow this alien Being's trajectory: he is not of America but grows up in it. He publishes a book in French translation before it appears in the American English original. He becomes native to a writing whose eloquence is always in question, at times because it is passive, at other times because it is unpronounceable. Who, over time, finds his Memoir? In the dead letter office, we do. We find someone somewhat like ourselves, who uses language and translation as if these were a poet's gifts in the making of history, a history which is foreign yet integral to his homeland. We find someone who uses it to return to his own people and place, so that he can "only stand more/revealed." We find someone who will act the new basis for his identity - the consciousness whose coming into Being must be premised on his existence in another world.

Early one morning Gator climbs a tree, but he will not tell anyone why. Join Moose, Giraffe, Rhino and many more as they try and discover what this silly gator is up to in a tree. Illustrated by seven different artists in a collage of breathtaking styles, author Jordan Courtney takes us for a creative climb with this easy to read picture book.

IN THIS INTENSELY PERSONAL MEMOIR, Staci Sprout offers a vulnerable account of her recovery journey from the painful world of sexual intrigue and addiction. She was an honors student and

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cheerleader, and later a talented young social worker, but her life had a dark twist even her closest friends didn't suspect. Childhood sexual abuse and exposure to pornography had ignited a drive to be sexual that eventually threatened to unravel her sanity and her life. Desperate for relief, she tried psychotherapy, hypnotism, bodywork, and traditional and pagan spirituality. Nothing helped until a near-death experience became a turning point and she found her way into the rooms of 12-Step recovery for sex addiction. Staci's story reveals what can happen when a woman refuses to give up in her fight for dignity and freedom. The wisdom that emerges will be both a roadmap and inspiration for anyone, male or female, who struggles with sexual addiction - and to their loved ones.

The Gift of Disappointment is a roller coaster ride of tragedy, disappointment, victory, and spiritual growth everyone can relate to. When a young woman is diagnosed with a serious kidney disease out of nowhere while in college, she is faced with two options: fight or die. Follow Leilah on her journey to finding life's true purpose through the worst eight years of her life. While in the fire, like most, she didn't know God had something much greater ahead. Hindsight is 20/20. With open eyes, an open mind, and a pure heart; she reflects on how everything she went through was all a part of His perfect plan for her life.

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A New York Times Book Review Editors' Choice • A Good Morning America Recommended Book • A BuzzFeed Most Anticipated Book of the Year • A Lit Hub Most Anticipated Book of the Year • A Rumpus Most Anticipated Book of the Year • A Bustle Most Anticipated Book of the Month "A pathbreaking feminist manifesto, impossible to put down or dismiss. Gina Frangello tells the morally complex story of her adulterous relationship with a lover and her shortcomings as a mother, and in doing so, highlights the forces that shaped, silenced, and shamed her: everyday misogyny, puritanical expectations regarding female sexuality and maternal sacrifice, and male oppression." —Adrienne Brodeur, author of *Wild Game* Gina Frangello spent her early adulthood trying to outrun a youth marked by poverty and violence. Now a long-married wife and devoted mother, the better life she carefully built is emotionally upended by the death of her closest friend. Soon, awakened to fault lines in her troubled marriage, Frangello is caught up in a recklessly passionate affair, leading a double life while continuing to project the image of the perfect family. When her secrets are finally uncovered, both her home and her identity will implode, testing the limits of desire, responsibility, love, and forgiveness. *Blow Your House Down* is a powerful testimony about the ways our culture seeks to cage women in traditional narratives of self-sacrifice and erasure. Frangello

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uses her personal story to examine the place of women in contemporary society: the violence they experience, the rage they suppress, the ways their bodies often reveal what they cannot say aloud, and finally, what it means to transgress "being good" in order to reclaim your own life.

Public Nudity and the Rhetoric of the Body examines instances of public nudity where sexuality is at the forefront of public body display. It presents case studies that raise discussions about identity, self-determination, and sexuality, and illustrate the complicated rhetorical nature of the human body in the public sphere.

A former paramedic's visceral, poignant, and mordantly funny account of a decade spent on Atlanta's mean streets saving lives and connecting with the drama and occasional beauty that lies inside catastrophe. In the aftermath of 9/11 Kevin Hazzard felt that something was missing from his life—his days were too safe, too routine. A failed salesman turned local reporter, he wanted to test himself, see how he might respond to pressure and danger. He signed up for emergency medical training and became, at age twenty-six, a newly minted EMT running calls in the worst sections of Atlanta. His life entered a different realm—one of blood, violence, and amazing grace. Thoroughly intimidated at first and frequently terrified, he experienced on a nightly basis the adrenaline rush of walking into chaos. But in his

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downtime, Kevin reflected on how people's facades drop away when catastrophe strikes. As his hours on the job piled up, he realized he was beginning to see into the truth of things. There is no pretense five beats into a chest compression, or in an alley next to a crack den, or on a dimly lit highway where cars have collided. Eventually, what had at first seemed impossible happened: Kevin acquired mastery. And in the process he was able to discern the professional differences between his freewheeling peers, what marked each—as he termed them—as “a tourist,” “true believer,” or “killer.” Combining indelible scenes that remind us of life's fragile beauty with laugh-out-loud moments that keep us smiling through the worst, *A Thousand Naked Strangers* is an absorbing read about one man's journey of self-discovery—a trip that also teaches us about ourselves.

Here is a multidimensional playland of ideas from the world's most eccentric Nobel-Prize winning scientist. Kary Mullis is legendary for his invention of PCR, which redefined the world of DNA, genetics, and forensic science. He is also a surfer, a veteran of Berkeley in the sixties, and perhaps the only Nobel laureate to describe a possible encounter with aliens. A scientist of boundless curiosity, he refuses to accept any proposition based on secondhand or hearsay evidence, and always looks for the “money trail” when scientists make announcements. Mullis

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writes with passion and humor about a wide range of topics: from global warming to the O. J. Simpson trial, from poisonous spiders to HIV, from scientific method to astrology. *Dancing Naked in the Mind Field* challenges us to question the authority of scientific dogma even as it reveals the workings of an uncannily original scientific mind.

Since their creation, the 12-Steps of A.A. have given millions a path to recovery from addiction. The impact of the 12-steps on our culture and people worldwide has been huge. Dozens of versions and conditions have been created based on the original 12-Steps. Yet the 12-Steps are also flawed in the eyes of many, and they are incomplete, leaving them open to resistance and discredit. But now, the 12-Steps are given the complete update they've needed to be effective in our more complex culture. By filling in the missing parts, the 12-Steps are both destroyed and made even stronger at the same time. Questions are answered and the entire cycle of addiction can finally be understood. The Anti-12 Steps illustrate what the 12-Steps really are and what they really do.

Follow your dreams, whatever they are (except the ones where you're naked in public) Bella Vendramini knows that any good adventure starts with running away from home, but packing twenty or so cities into just over a year probably went a wee bit overboard. Add in a life-changing romance (or two), acting in New York, slow

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dancing with Quentin Tarantino in Berlin, a super-duper upside4d fast-food breakdown, meeting her very own Mr Big, celebrity mayhem, a Manhattan society wedding, a donkey in a brothel, driving the Monte Carlo grand prix circuit (drunk), breaking into the Cannes Film Festival (also drunk), digging up dead people, exploding buildings, tropical jungles, parachuting pains, embracing a Parisian love affair (sigh), fleeing a Canadian detention centre, shooting movies, making friends, falling in love on the idyllic Island of Capri (oh yeah), and learning how to find herself where she last left herself (draw breath), and Bella figures she's finally learnt a thing or two about adventure - and about life.

Craig Comes planned for a journalism career, while his friends expected him to become a bestselling author. But un-diagnosed Attention Deficit Disorder (ADD) and Depression struck after college. After the writing stopped, delusion and denial lead to poverty. long term joblessness and self-imposed exile. Returning to himself would take 15 years in a journey spanning from California Wine Country to the South African veld. This is his story.

My Road to Recovery is my journey of perseverance, survival, and the will to forgive and love again!

In 1970, Margaret Grundstein abandoned her graduate degree at Yale and followed her husband to a commune in the backwoods of Oregon. Together with ten friends and an ever-changing mix of strangers, they began to build their vision of utopia. Naked in the Woods chronicles Grundstein's shift from reluctant hippie to committed utopian. Grundstein, (whose husband left,

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seduced by “freer love”) faced tough choices. Could she make it as a single woman in man's country? Did she still want to? Although she reveled in the shared transcendence of communal life, disillusionment slowly eroded the dream. Brotherhood frayed when food became scarce. Rifts formed over land ownership. Dogma and reality clashed. Many people, baby boomers and millennials alike, have romantic notions about the 1960s and 70s. Grundstein's vivid account offers an unflinching, authentic portrait of this iconic and often misreported time in American history. Accompanied by a collection of distinctive photographs she took at the time, *Naked in the Woods* draws readers into a period of convulsive social change and raises timeless questions: how far must we venture to find the meaning we seek, and is it ever far out enough to escape our ingrained human nature?

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*Naked Mountain* is a compelling memoir of one woman's journey of natural world discovery, tragedy and the enduring bonds of marriage that unfolds against the backdrop of a stunning mountaintop in rural Virginia. This compelling memoir of one woman's journey of enchantment, tragedy and romance unfolds against the backdrop of a stunning mountaintop in rural Virginia. Purchased on a lark for weekend camping by a clueless suburban couple, the mountain brings Marcia Mabee and her husband Tim surprising wildlife encounters, dramatic botanical discoveries, and a passion for conservation that leads to its dedication by the state as the *Naked*

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Mountain Natural Area Preserve. Naked Mountain veers in an unexpected direction when Marcia faces a life-threatening cancer diagnosis. Struggling with energy-sapping treatments, she continues to battle environmental threats to the beloved mountain where her ashes are to be spread. Just as her prognosis brightens, the story takes a darker turn, extinguishing the couple's hopes for the future and throwing Marcia into the depths of despair. But in a surprising twist, she confronts the divergent forces of deep grief and new love to remake a life. Naked Mountain is an amazing personal journey that explores the joys of discovery, the uncertainties of life and the enduring bonds of marriage.

Your fortune can change slowly like the melting of a pavlova on a hot summer's day – unhurriedly and dreamily – or in the blink of an eye, with the speed of a lash used by a sexy rodeo cowboy as he straddles his steed and flexes his sweaty biceps . . . or something like that. What Bella Vendramini does know is that any good adventure starts with running away from home.

Walt Johnson has been a rolling stone most of his life, moving from town to town and living on the edges of homelessness. Now he has run out of time as lung cancer has left him only months to live. Walt then begins a quest to find the son with whom he lost contact decades earlier. Out of money, he lands a job at a small-town restaurant in an attempt to save enough to buy a bus ticket to the last known whereabouts of his son. The friends Walt makes at

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his new job soon become family for him, especially 14-year-old Danny who is emotionally paralyzed at the loss of his own father in Iraq. Faced with Danny's struggles to grow up and the struggles of his other new friends, Walt comes to realize he is not only on a journey to find his own son, but he is on a journey to find himself worthy of being a father. This is a memoir presented in an anthological - like format; in other words, a collection of short stories, on the life of the author. It starts when he was growing up in the Philippine countryside of Ilocos Sur province. Just like a normal kid, he played with his friends, did crazy things, went to school and moved to Manila, for his college education. He got married while in fifth year college, but still graduated on time. This book relates his struggles, failures, as well as successes, including his coming to America. Searching for the American Dream was no picnic either, but with perseverance, he achieved some of them in modest ways. Foreigners planning to immigrate to the great ol' USA could get glimpses, on what it takes, to come and live in America. If today you are no longer willing to settle for mediocrity in your work, relationships, and your life, this book is for you. Within these pages is the powerful secret to unlocking your fullest potential as a career person, a parent, a friend, a mate, a lover, a human being. How? Through getting naked. Getting Naked is about living life as the fullest, most

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authentic version of you. Its about cutting the crap--releasing the baggage that has held you hostage for so long and embracing all of you; the good parts, the bad parts, the public parts, and the shadow parts, so you can integrate them and become an even stronger force of positivity in the universe, through the secrets of honest self-disclosure. (The key is it discover where and with whom to be emotionally naked--being vulnerable does not mean being stupid and careless.) For example: Practice being emotionally naked at the right place and the right time with the right people to release your negative patterns and create a provocative catalyst for reflection. Uncover new or hidden parts of yourself that can guide you to create a more fulfilling life. Apply the tools of naked self-disclosure to all areas of your life so you can enjoy greater meaning and satisfaction. This is a book of stories, strategies, and tips, designed to overcome the negative self-narratives that obscure personal resilience and wellbeing. There comes a time when you have to defy the voices that hold you back. Getting Naked teaches you that it is your indisputable birthright to question any limitation--anything that gets in the way of your own magnificence. This book will provide you the inspiration, tools, self-discovery and support to share your naked truth and in so doing to fulfill your uniqueness every day.

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Wesley Wark and John Naylor analyse the proliferation of intelligence memoirs and government efforts to protect official secrets from the revelations of the candid memoirist. The principal findings reached by the contributors in their study of this problematic but influential genre are set out by the editor in the concluding chapter.

STRIPPED DOWN: A Naked Memoir is a look back at a surreal world kept carefully hidden from public view. This chronicle of life in the skin trade follows the meteoric rise of Stacey Keith, a girl scarcely out of her teens whose eye-popping assets launch her from wet T-shirt contests to the catwalks of Houston, strip bar capital of the world. Almost overnight, she is discovered by a famous porn star, who Svengalis her onto the pages of Playboy, Penthouse, and dozens of other men's magazines. While strutting her stuff onstage and across the country, Stacey makes the fateful decision to head to Hollywood. She's got everything a girl could want: fame, attention, endless piles of cash...but no idea what awaits her. With Internet porn overtaking men's magazines, everyone from her Mafia-boss road manager to her smarmy talent agent pressures Stacey to do more than just flash her flesh. Uber-boob filmmaker Russ Meyer verbally abuses her; rocker Don Henley tries to use her. Yet through it all, from the warped misogyny of Playboy to the S&M dungeons of the Pacific Palisades, Stacey's dark,

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self-deprecating humor will leave you laughing, crying and rooting for her at every step of the way.

"Knocked off her feet after twenty years in public health nursing, Iris Graville quit her job and convinced her husband and their thirteen-year-old twins to move to Stahekin, a remote mountain village in Washington State's North Cascades. They sought adventure; she yearned for the solitude of this community of eighty-five residents accessible only by boat, float plane, or hiking. "Hiking Naked" chronicles Graville's journey through questions about work and calling as well as how she coped with ordering groceries by mail, black bears outside her kitchen window, a forest fire that threatened the valley, and a flood that left the family stranded for three days."--back cover

"A formidable, addictive storyteller, Morgan provides a highly stimulating story of a midlife education in the messiness of modern sex and love. A steamy, liberating tale of self-exploration and self-love that encourages readers to 'revel in your sexuality'" —Kirkus Reviews Leslie Morgan, bestselling author of *Crazy Love* and *Mommy Wars*, was a mom turning fifty, reeling from divorce and determined to reclaim her life. In a radical break with convention, she dedicated a year to searching for five new lovers, seeking the rapture absent in a life of minivans and mom jeans—and finding a profound new sense of self-worth. When Leslie Morgan divorced after a twenty-year marriage, both her self-esteem and romantic optimism were shattered. She was determined to avoid

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the cliché of the “lonely, middle-aged divorcée” lamenting her stretch marks and begging her kids to craft her online dating profile. Instead, Leslie celebrated her independence with an audacious plan: she would devote a year to seeking out five lovers in hopes of unearthing the erotic adventures and authentic connections long missing from her life. Clumsy and clueless at first, she overcame mortifying early missteps, buoyed by friends and blind faith. And so she found men at yoga class, the airport, and high school reunions—all without the torture of dating websites. Along the way she uncovered new truths about sex, aging, men, self-confidence, and what it means to be an older woman today. Packed with fearless, evocative details, *The Naked Truth* is a rare, unexpected, and wildly entertaining memoir about a soccer mom who rediscovers the magic of sexual and emotional connection, and the lasting gifts of reveling in your femininity at every age.

A comical and poignant memoir of a gay man living life as he pleased in the 1930s In 1931, gay liberation was not a movement—it was simply unthinkable. But in that year, Quentin Crisp made the courageous decision to “come out” as a homosexual. This exhibitionist with the henna-dyed hair was harrassed, ridiculed and beaten. Nevertheless, he claimed his right to be himself—whatever the consequences. *The Naked Civil Servant* is both a comic masterpiece and a unique testament to the resilience of the human spirit. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics

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represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

This modern classic of LGBT writing includes an introduction from Carmen Maria Machado, author of *Her Body and Other Parties*, and a new afterword from Lillian Faderman. Born in 1940, Lillian Faderman is the only child of an uneducated and unmarried Jewish woman who left Latvia to seek a better life in America. Lillian grew up in poverty, but fantasised about becoming an actress. When her dreams led to the dangerous, seductive world of the sex trade and sham-marriages in Hollywood of the fifties, she realised she was attracted to women, and that show-biz is as cruel as they say. Desperately seeking to make her life meaningful, she studied at Berkeley; paying her way by working as a pin-up model and burlesque dancer, hiding her lesbian affairs from the outside world. At last she became a brilliant student and the woman who becomes a loving partner, a devoted mother, an acclaimed writer and ground-breaking pioneer of gay and lesbian scholarship. Told with wrenching immediacy and great power, *Naked in the Promised Land* is the story of an exceptional woman and her remarkable, unorthodox life.

In this compelling novel, Jay Chirino channels his own struggles with depression and addiction, creating a universal story that is painfully relatable for those with similar issues, and eye-opening for the ones that haven't

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dealt with the challenges of mental illness. After leaving behind a trail of drug-addled destruction, Jay finds himself confined to the walls of a psychiatric hospital. He is now compelled to confront his actions, his issues, and the past that led him to such downhill spiral. But what surprisingly affects him most are the people that he becomes surrounded by; people with considerable deficiencies that will shed some light on the things that truly matter in life. "The Flawed Ones" is a thorough examination of the struggles of mental illness, depression, addiction, and the effects they have on the human condition. Most importantly, it proves that physical and mental shortcomings do not necessarily define who we truly are inside- that the heart is, in fact, untouched by our "flaws", and that love will always prevail above all.

A funny, sexy, and wildly entertaining look at the rewards of fully realized desire in the life of one ordinary woman. At 43 years old, Pamela Madsen was happily married to the man she fell in love with at 17. She was the mother of two sons and had a successful career as a nationally known advocate for fertility issues. But she felt a growing sexual restlessness and yearning that wouldn't let up. And though Pamela loved her husband and didn't want to have an affair, she knew deep down that she needed more, much more. In *Shameless*, she tells the story of how she found it—and not only kept her marriage intact but made it stronger than ever. In this fearless memoir, Pamela tells the story of her search for sexual, personal, and spiritual wholeness. She explores, in riveting detail, what she experienced at the hands of sexual healers,

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men who brought her untold pleasure (and became her close friends in the process). But this is not just another sex book: Shameless is also an account of how Pamela's journey healed her issues with food and body image and most important, helped her weave the many roles that she played—daughter, friend, partner, mother—into one fully integrated person. It is a story about a woman falling in love with herself and a call to other women to do the same.

Rabbit Warrior is a captivating memoir of a transformative journey of renewal and discovery. Disoriented by intense mourning over the loss of both her mother and sister within a short time span, the author found consolation and reconciliation on a pilgrimage of solace to her beloved Cape Cod home. Emotionally overwhelmed, Janet turned inward for personal healing and wholeness. As she quietly contemplated the meaning of life and death, the Cape's wildlife became a voice for inspiration and revelation. Horseshoe crabs, lobsters, a great blue heron, and rabbits "spoke" to her of life: change and evolution, pain and suffering, death and dying. Supported on her journey by daily journal writing that exposed persons, places and memories stored deep within, she unmasked falsehoods, gave up protective "magical thinking," and examined relationships in an effort to live a more authentic life. Writers and fellow soul-searching travelers helped Janet dispel guilt, expunge destructive messages and peel away emotional layers accumulated over decades. As she traversed her soul, Janet resolved to move ever deeper towards her core, her spiritual center. A summer

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that began with overwhelming sorrow mixed with angry confusion, ended with transformative feelings of enlightenment, forgiveness, love and rebirth. Janet hopes that both her memoir, as well as her summer reading list, will provide a template for other Rabbit Warriors who might wish to undertake their own liberating journey as well.

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