

Next Thing On My List The Jill Smolinski

Don't miss these two stories about finding love in the most unexpected places. The Ladies' Man by New York Times bestselling author Susan Mallery Rachel Harper was a kindergarten teacher. She was definitely not a one-night stand kind of girl. But that was exactly what she'd done—she'd picked up a charming guy in a bar and brought him home. Mortified, Rachel couldn't get Carter Brockett out of her life fast enough. But then, a few weeks later, she discovers she's not quite done with Carter: she's pregnant with his baby. Some Kind of Wonderful by USA TODAY bestselling author Sarah Morgan Her whole life, Brittany Forrest has dreamed of adventure. And at the age of eighteen, she thought she'd found it when she married bad boy Zachary Flynn. But after just ten days, their whirlwind marriage went up in smoke. Now, the daredevil pilot is back on Puffin Island. The sparks between them are as powerful as ever, but can Brittany risk the life she's built for a second chance with Zach?

What if you lived your entire life by the plan you'd laid out when you were thirteen years old? Being Here: Reflections on Life, Love, Faith, and Turning Thirty tells one woman's journey from living the life she had planned to learning to live each day to the fullest. A no-holds-barred look at author, Lindsey Brunette's, story of recovery from her own demons, it asks the question, "Who am I if I am not..." This compelling memoir looks deeply at faith, divorce, self-identity, and the idea that we're all just doing the best we can. ...A compulsively readable writer ""Lauren Miller, author of Free to Fall, Parallel, and All Things New.

In CIOs at Work, noted author Ed Yourdon interviews many of the world's most influential chief information officers. You will gain insights from the first CIO of the USA, take a peek into the future with the CIO at Google, learn the unique role IT plays in testing Microsoft applications, and much more. Yourdon focuses on how his interviewees tackle the day-to-day work of managing information in their organizations while revealing much more: How they got there, how they manage and allocate resources, and how they interact with business units and assure that their companies take advantage of technologies and automation to make employees even more productive. Surveying a variety of unique corporations, you'll get a great sense of what can be done and what is being done now in organizations around the world. "Simply put, Ed Yourdon's CIOs at Work is a fascinating read. The author has managed to illuminate the real challenges confronting the Chief Information Officer. The technical expertise of his extraordinary interviewees and their personal insights into the changing role of technology in business are in no short supply. But, what really stands out—beyond the banter about "clouds," "agile development,"—is the human dimension. More than anything else, the CIO is wrestling with profound issues: the proliferation of choices, the speed of change, the shorter attention spans of consumers, the "everyone's an expert" mindset, and the growing expectation for limitless and low cost computing resources that are as open and accessible as they are safe, secure and accurate. At last, the CIO has a human face, but also an enormous burden that can only be appreciated by reading Yourdon's probative interviews." —Jon Toigo, Managing Principle, Toigo Partners International Featured CIOs: Ben Fried, Google Tony Scott, Microsoft Monte Ford, American Airlines Mittu Sridhara, Ladbrokes Steve Rubinow, NYSE Lew Temares (retired), University of Miami Mark Mooney, McGraw-Hill Dan

Wakeman, Educational Testing Services Lynne Ellen, Detroit Energy Becky Blalock, Southern Company Ken Bohlen, Arizona Public Services Roger Gurnani, Verizon Ashish Gupta, British Telecom Joan Miller, U.K. Parliament Vivek Kundra, (first CIO), U.S. Government Paul Strassmann, (retired), Kraft Foods Other books in the Apress At Work Series: CTOs at Work, Donaldson, Seigel, & Donaldson, 978-1-4302-3593-4 Coders at Work, Seibel, 978-1-4302-1948-4 Venture Capitalists at Work, Shah & Shah, 978-1-4302-3837-9 Founders at Work, Livingston, 978-1-4302-1078-8 European Founders at Work, Santos, 978-1-4302-3906-2 Women Leaders at Work, Ghaffari, 978-1-4302-3729-7 Advertisers at Work, Tuten, 978-1-4302-3828-7 Gamers at Work, Ramsay. 978-1-4302-3351-0

* One of OprahMag.com's Most Anticipated Romances of 2021! * Heartbroken by the loss of her fiancé, adventurous Anna finds a second chance at love with an Irish sailor in this riveting, emotional romance. After a reminder goes off for the Caribbean sailing trip Anna was supposed to take with her fiancé, she impulsively goes to sea in the sailboat he left her, intending to complete the voyage alone. But after a treacherous night's sail, she realizes she can't do it by herself and hires Keane, a professional sailor, to help. Much like Anna, Keane is struggling with a very different future than the one he had planned. As romance rises with the tide, they discover that it's never too late to chart a new course. In Trish Doller's unforgettable Float Plan, starting over doesn't mean letting go of your past, it means making room for your future. "The perfect escape. Fresh, funny, and romantic. I wish I could sail away with this book." - Meg Cabot, New York Times bestselling author of The Princess Diaries and Little Bridge series

There is a surprising way out of the frenzy, that always-being-behind feeling, and the endless to-do list. Now more than ever, people are seeking a reprieve from the constant pressure to achieve, produce, and consume. While many turn to sporadic bouts of mindfulness and meditation, organizational change specialist Marilyn Paul offers a complementary solution that is as radical as it is ancient. In her new book An Oasis in Time, Paul focuses on the profound benefits of taking a modern-day Sabbath each week for deep rest and nourishing renewal. The energy, perspective, creativity, sense of well-being, and yes, increased productivity that ensue are lifesaving. Drawing on Sabbath tradition, contemporary research, and interviews with scores of busy people, Paul shows that it is possible to introduce these practices regardless of your religious beliefs. Starting with just an hour or two, you can carve out the time from your packed schedule, design your weekly oasis experience, and most importantly, change your mind-set so you can enjoy the pleasure of regularly slowing down and savoring life every week. From surrounding yourself with nature to practicing rituals for beginning and ending oasis time to implementing strategies for connecting with friends and family, self, and source, you will discover practical ways to step off the treadmill and into timeless refreshment on your way to a calmer, richer, more fulfilling life.

People call me Ruthless for a reason. Whether in the court room or the bedroom, my reputation is well-earned. I'm either working hard, working out, or working my way into some woman's panties. Problem is, none of them share my particular kink, and I end up walking away unsatisfied. Until I meet her. She's a friend of a friend, which makes her off-limits until temptation takes me by the balls and I'm taking her up against a wall. She literally f*cks my world off its axis, but I can't let it happen again. My plan of

avoiding her got blown to shit when my firm hired her as a new junior attorney. Now I'm her boss, and I have to act like I don't want to bend her over my desk every five minutes. But I've never held myself back from anything before, so consequences be damned. It's time to take what we both want and show her just how damn good feels...to be ruthless. Each book in the Playboys in Love series is STANDALONE: * Shameless * Ruthless * Merciless

A seaside-set paranormal mystery-from the authors of the Renaissance Faire mystery *Ghastly Glass Meet Dae O'Donnell*, a woman with a gift for finding lost things-and the stories behind lost lives... Dae O'Donnell is the mayor of Duck, North Carolina-and the person everyone turns to when they've lost something. One touch and Dae can find it, and missing pieces seem to find their way to her, whether she wants them to or not. When Miss Mildred asks Dae to find her missing watch, Dae finds herself looking for more than mislaid jewelry-she must prove the town matriarch isn't a cold-blooded killer. In my first book of the "Sea of Destiny" series, *Breeze*, a young girl, from a small seaport town on the Outer Banks of North Carolina, casts herself into the sea and into a passage unknown...the world of yachting. Knowing that she has to expand her horizons, she trusts in herself enough to travel to the Caribbean on a 41 foot sailboat with three strangers and embarks on a career as a chef, stewardess, and first mate on yachts in the Caribbean during the first year and venturing across the Atlantic for the next season following the sun, and sea of adventure. Each yacht brings experiences of a lifetime, some hilarious, romantic, some bitter sweet, and out of control crazy, but every port provides new cultures and foods to embrace, and learn from. Breeze jumps right into the sea as a mermaid would and fears nothing. It's a lunatic's rum tour at times, but sailing and cooking keeps her centered in the craziness of it all. Joni Dennis resides in Beaufort, NC, creating healthy food products and cooking on yachts.

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader. The internationally recognized Bible teacher and daughter of Billy Graham unpacks key biblical truths wrapped in personal insights to reveal how the presence of the Holy Spirit shapes the daily life of a follower of Jesus.

The Internet has become humanity's invisible central nervous system, connecting us at the speed of thought. More people today have access to mobile phones than have access to clean drinking water. Yet the most important technology is still the one within us: our brain, body, and consciousness. A fast-paced career in the high-tech industry combined with a deep yoga and meditation practice has allowed Gopi Kallayil—Google's Chief Evangelist for Brand Marketing and one of the leading voices encouraging yoga and mindfulness in the workplace today—to integrate his inner and outer technologies to a remarkable degree. Wisdom from his yoga mat and meditation cushion guides his professional career, and his work life provides the perfect classroom to deepen his wisdom practice. The Internet to the Inner-Net guides the rest of us to do the same. In some three dozen wide-ranging, sometimes provocative essays, Gopi shares his experiments in conscious living and offers insight, inspiration, and rituals—including yoga, mindful eating, and even napping—to help us access our own inner worlds. If you're looking for grounded practical wisdom that might simultaneously help you become more creative, adaptable, enthusiastic, effective, or resilient, you'll find it in this user's manual for the technology within—along with colorful insight into the successful Google culture. In five sections, from "Log In" (which offers mindful ways of

connecting and engaging) to "Clear Out Your In-Box" (shedding what doesn't serve you to make space for what does) to "Thank You for Subscribing" (a reminder to live with gratitude), Gopi lays out practices and perspectives that you can use starting right now to live with more purpose, fulfillment, and joy.

Spenser was in a rut. He was the only child of a widowed mom who had prayed for him all through his growing-up years. The day he was stopped by the police while he was on his way to pick up his boss to take him to the airport for a business trip, things changed dramatically for him. He had wondered why this terrible disruption was happening. But what happened after that changed everything about his life from that day forward. He went from being boring and stale to interesting and fulfilling almost overnight. Things looked like they were going the wrong way when he was arrested, but that all changed. Everything turned out better than he could have ever expected. The people he met directly because of his arrest and troubles included Emily, a pretty nurse at Memorial Hospital; her sister, Frannie; and her parents; along with a long list of other special people. He did eventually find out why he had to go through this trial, and he also found out that he needed to choose to change the way he lived his life. He experienced many surprises along the way.

Not the one you're waiting for . . . Jeffrey Bornic is getting over his ex. Really. So what if the rising-star attorney is angrily sleeping his way through most of Manhattan's male population? When the time is right, the perfect partner will show up. And Jeffrey knows exactly what he'll be like: an ambitious, polished professional who'll make the ideal other half of a fabulous power couple. Theo McPherson is definitely not that guy. He's a short, fiery red-head who works in the arts and wears sneakers held together with duct tape. If it weren't for the fact that Theo is his best friend's little (literally) brother, Jeff would be crossing the street to avoid him. Theo, meanwhile, has nothing but contempt for guys in suits, and seems to have deliberately set out to make Jeff's life miserable, all while grinning at him in that exasperating—some might say irresistible—way that he has. At least it's hard for Jeff to keep moping over his ex when he's butting heads with Theo—and suddenly wondering if the last guy he'd ever fall for might be exactly that . . .

It's time for the annual Blueberry Festival, and Kylie Jean just knows she'd be the perfect Blueberry Queen.

"My husband was down on his knees, bloodied, battered, and beaten to the point he could barely hold himself up. He'd always been a warrior, my warrior. They would kill him, I knew that. I felt it with everything within me. My husband was going to die, and it was all my fault. . . ." Meet Marcel and Sabrina, a hitman and a bookkeeper for the Mob. The couple should have never met, let alone fallen in love. When they decide to go against the grain, all hell breaks loose. Somebody wants them dead; they just don't know who. It could be Leo, Marcel's jealous older brother; Othello, Sabrina's crooked father; or it could be The Family, a roundtable of the top contenders in the underworld. There is no honor amongst thieves. Marcel and Sabrina will find the old adage to be true the hard way.

The world is no longer safe, no longer thriving. It has been inherited by the diseased. The red mist spread and humanity was infected. There was no stopping the curse once it started and the world's population was reduced to mindless beasts. Creatures that hungered and raged for the taste of pure, uninfected flesh. Few of those remain. Ali is

not one of them.

Meet June Parker. Until the day she offered Marissa, a young woman she had just met, a lift home she thought her life was okay. She had a horrible boss, was battling to lose a few pounds and, sure, finding that special someone was tough, so things weren't exactly fabulous, but she was happy enough. She didn't know that Marissa was going to die and it would be her fault. As she washes away the blood from Marissa's handbag so she can return her belongings to her family, June discovers a list 20 things to do by my 25th birthday. The guilt weighs heavily until a chance meeting six months after Marissa's death finds June committing to finish the list. Some of the tasks aren't too difficult (Run a 5K) but others are near-impossible (Change someone's life). As June races to achieve each goal before the deadline, she learns a great deal more about herself and her own life than she ever bargained for. Funny, engaging, and ultimately poignant, *THE NEXT THING ON MY LIST* features a likeable, relatable heroine and a story with plenty of humour and heart. Cheers for Jill Smolinski, who has transcended the chick lit category by giving us a heroine who really tries to make a difference in this world. What a concept! I loved this book its humor and its humanity. You will, too. Jane Heller, author of *Some Nerve* and *Lucky Stars*

Dynamic Leader Helps Women Embrace the Life They Were Created to Live With over seven billion people in the world, it can be difficult for women to believe they were designed for a purpose. That they individually have value, and their life has meaning that goes beyond what they see or have been told to believe. But that's just the life-changing message Debbie Lindell passionately shares and champions. Every woman, no matter her history, social status, or position in society, was beautifully and magnificently designed by her Creator to live an amazing life. In *She Believes*, Lindell shares with women the beautiful truth of God's love for them, empowering them to live out their own unique purpose and bring change to their homes, their workplaces, their communities, and the world. With personal stories and biblical truth, Debbie invites women to trust God's Word--and discover the incredible, abundant life that he created them to live.

Create data mining algorithms About This Book Develop a strong strategy to solve predictive modeling problems using the most popular data mining algorithms Real-world case studies will take you from novice to intermediate to apply data mining techniques Deploy cutting-edge sentiment analysis techniques to real-world social media data using R Who This Book Is For This Learning Path is for R developers who are looking to making a career in data analysis or data mining. Those who come across data mining problems of different complexities from web, text, numerical, political, and social media domains will find all information in this single learning path. What You Will Learn Discover how to manipulate data in R Get to know top classification algorithms written in R Explore solutions written in R based on R Hadoop projects Apply data management skills in handling large data sets Acquire knowledge about neural network concepts and their applications in data mining Create predictive models for classification, prediction, and recommendation Use various libraries on R CRAN for data mining Discover more about data potential, the pitfalls, and inferential gotchas Gain an insight into the concepts of supervised and unsupervised learning Delve into exploratory data analysis Understand the minute details of sentiment analysis In Detail Data mining is the first step to understanding data and making sense of heaps of data. Properly mined data forms the basis of all data analysis and computing performed on it. This learning path will take you from the very basics of data mining to advanced data mining techniques, and will end up with a specialized branch of data mining—social media mining. You will learn how to manipulate data with R using code snippets and how to mine frequent patterns, association, and correlation while working with R programs. You will discover how to write code for various predication models, stream data, and time-series data. You will also be introduced to solutions written in R based on R Hadoop projects. Now that you are comfortable with data mining with R, you will

move on to implementing your knowledge with the help of end-to-end data mining projects. You will learn how to apply different mining concepts to various statistical and data applications in a wide range of fields. At this stage, you will be able to complete complex data mining cases and handle any issues you might encounter during projects. After this, you will gain hands-on experience of generating insights from social media data. You will get detailed instructions on how to obtain, process, and analyze a variety of socially-generated data while providing a theoretical background to accurately interpret your findings. You will be shown R code and examples of data that can be used as a springboard as you get the chance to undertake your own analyses of business, social, or political data. This Learning Path combines some of the best that Packt has to offer in one complete, curated package. It includes content from the following Packt products: Learning Data Mining with R by Bateer Makhabel R Data Mining Blueprints by Pradeepta Mishra Social Media Mining with R by Nathan Danneman and Richard Heimann Style and approach A complete package with which will take you from the basics of data mining to advanced data mining techniques, and will end up with a specialized branch of data mining—social media mining.

Following a car accident that claims the life of her passenger, Marissa, June Parker stumbles upon a list that Marissa had written entitled "20 Things to Do By My 25th Birthday" and is compelled by both guilt and a sense of setting things right to complete the list for Marissa, struggling to fulfill a variety of different goals before the deadline while learning more about her own life in the process. Reprint. 20,000 first printing.

A poignant first novel steeped in the tradition of the great southern storytellers, Colette weaves past and present, humor and tragedy, to tell the tale of an unlikely friendship between two women as they search to tame their demons. *Peace Be Still* takes us on a journey filled with colorful prose asking the questions the answers to which most of us fear.

Jason Cashman has reached the goal he spent the last twenty years seeking, but instead of feeling content, he feels empty. When he meets Alexandra Lopez, a ten-year-old America-loving girl facing deportation, he is inspired by his old friend, Murray McBride, to give her five wishes before she must leave. They set out to check off as many wishes as possible, but when Jason's transplanted heart begins to fail, he must choose between his obligations to the past and his hope for a future.

God Delights in You! Imagine a girl on a swing: leaning backward and easily pumping her legs back and forth, closing her eyes while the wind blows through her hair. She is safe, she is secure, she is free and forgiven. Perhaps you find yourself thinking, I want to feel loved and safe and secure. I want to feel free. I want to turn my face toward heaven and experience God's smile . Did you know that girl can be you? Because God's love—a love not based upon your performance, but on Christ's—proclaims the truth that you are His and He is glad He chose you. This freedom in Christ is meant to become a part of you, something you relish every day. It's like learning how to swing: it can't ever be unlearned. So climb on...your time to soar has arrived! Who Is that Girl on a Swing? She's free. She's safe. She's secure. She's forgiven. She's happy. She's a child of God. And so are you. With warm understanding, refreshing humor, and striking biblical honesty, Nancy Kennedy reflects on the ways women often keep themselves from enjoying the freedom that's already theirs. Because not only do you belong to God, He is glad He chose you. Not only does He love you unconditionally, He likes you! And not only does He lavish you with grace, He smiles upon you. Once you learn how to swing, you can't un-learn it. Once you know true freedom in Christ, you can't un-know it. It's yours for good (and it's a lot fun). So climb on...it's time to soar! Endorsements "Ahhh. Nancy's words let me be my imperfect self and still know that there is no wind strong enough to release me from my Father's grip." Karon Phillips Goodman author of *Another Fine Mess, Lord!* and the *Woman's Guide* series "Nancy Kenndy writes with amazing humor, heart, and insight. *Girl on a Swing* soars!" Heather Kopp author of *Roar: A Christian Family Guide to the*

Chronicles of Narnia Story Behind the Book The Story Behind the Book “Girl on a Swing came from a greeting card image where a young girl is soaring on a swing. She’s free and at peace, with herself and her surroundings. As I studied that image I came to realize that the girl is me—because in Christ I am free and at rest. God smiles on His own, and I am at peace. But my experience as a speaker at women’s retreats has shown me that many women have difficulty believing that for themselves. This book will help them grasp the truth.” –Nancy Kennedy

We’ve lived for eons with a set of rules guiding how we have relationships with one another. These Old Rules have, without question, been inadvertently passed, without examination, from generation to generation by our families. Its past time to expose them to the light of day. Why? Together, these Old Rules create a toxic environment we accept as inviolate. We struggle against others and against ourselves, not realizing that the shame-based Old Rules hold us back from being who we are meant to be and doing what we are meant to do. When feelings of undeserved shame (something is wrong with us) become part of how we think of ourselves, two things are true: 1) our true selves become more defended and less available to ourselves and others, and 2) we become more easily manipulated to serve someone else’s needs in ways that are not in our best interests. That sense of shame and the Old Rules reinforce each other. One look at them and it’s easy to see how they make it difficult to have healthy relationships. They are definitely not conducive to happiness. We know better. We just need to know how to do better, one rule at a time. Unmasking and replacing Old Rules with even one of the New Rules begins to change everything. Change the rules, change the game.

Struggling to start over after a failed relationship and her son’s entry into drug rehab, a struggling Lucy Bloom tackles an unexpectedly challenging job clearing the cluttered home of a reclusive artist and hoarder who hides an astonishing secret. By the author of Flip-Flopped. 30,000 first printing.

My friends and I are headed to the Big Apple! George, Bess, and I continue our investigation of the Miss Pretty Face Beauty Pageant in New York City, where the next round of competition is being held. When I get there, Pretty Face Cosmetics seems creepier than ever! Suspicious security men, animal rights protesters, and a mysterious scientist make this the craziest case I’ve ever investigated. And when someone suddenly goes missing, I realize it just might be the most dangerous!

10 years ago if it was deer season, I was in the woods. I still try to follow that rule but New York State has made the hunting season so long, I can’t afford the loss of income for that amount of time. On top of that, 70 or more days open for deer season is a wicked strain on my senses. I am hung up on the quarter moon phase for my dream buck hunt. I always plan my hunting around these two moons. The length of the bow/gun deer season allows for two full moon phases. A small part of my reasoning here for a shorter deer hunting season is, envy I suppose. The fact is, I’m a self employed landscaper, watching these two extra quarter moons go through their phases and not being able to fit them in to my hunting budget. I will hopefully make more sense of this moon theory, later on in this book. Pay attention because there is tip after tip buried in each story. Maybe not always a new one but there’s a bunch of them here. My stories are true facts, my methods and techniques have all proven themselves many times for me, over a life time of whitetail deer hunting. Now hopefully, you have time to kick back and enjoy a fact filled humorous book about whitetail deer hunting done my

way in Columbia and Greene Counties of New York State.

Canadian cartoonist Gregory Gallant, pen name Seth, emerged as a cartoonist in the fertile period of the 1980s, when the alternative comics market boomed. Though he was influenced by mainstream comics in his teen years and did his earliest comics work on *Mister X*, a mainstream-style melodrama, Seth remains one of the least mainstream-inflected figures of the alternative comics' movement. His primary influences are underground comix, newspaper strips, and classic cartooning. These interviews, including one career-spanning, definitive interview between the volume editors and the artist published here for the first time, delve into Seth's output from its earliest days to the present. Conversations offer insight into his influences, ideologies of comics and art, thematic preoccupations, and major works, from numerous perspectives—given Seth's complex and multifaceted artistic endeavors. Seth's first graphic novel, *It's a Good Life, If You Don't Weaken*, announced his fascination with the past and with earlier cartooning styles. Subsequent works expand on those preoccupations and themes. *Clyde Fans*, for example, balances present-day action against narratives set in the past. The visual style looks polished and contemplative, the narrative deliberately paced; plot seems less important than mood or characterization, as Seth deals with the inescapable grind of time and what it devours, themes which recur to varying degrees in *George Sprott*, *Wimbledon Green*, and *The Great Northern Brotherhood of Canadian Cartoonists*.

Chicken Soup for the Soul: From Lemons to Lemonade will inspire, encourage, and motivate you to turn any sour situation into a better one with its 101 personal stories from others who turned a negative into something positive. When life hands you lemons... make lemonade! This collection is full of inspiring true stories from others who did just that, and will help you make the best of any bad situation. You will find inspiration, encouragement, and guidance on turning what seemed like a negative into something positive in these 101 sweet stories of success!

Ron Liversedge could hardly wait for the call from the International Brigades. A veteran of the Great War, Canada's Great Depression, and scores of battles for social justice, he wanted to get to Spain to fight against Franco's attack on the young Spanish republic. It was the spring of 1937; Liversedge was nearly 40. The call came on May Day. Liversedge left Vancouver, on a clandestine journey through late depression North America, to a ship spiriting his fellow fighters to Europe, to an immediate brush with death when he is torpedoed by a fascist submarine, to rudimentary training of the international volunteers in Spain. Ill prepared and ill equipped, Liversedge and his comrades in the Mackenzie–Papineau battalion are thrown into withering front line action at Fuentes de Ebro and a grinding succession of battles, steadily beaten back by the fascist onslaught, to the final exodus from Barcelona. Liversedge's memoir of those two years, written in the 1960's, is a riveting, soldier's-eye account of life

and death at the front, of the fascinating panoply of characters drawn to the Spanish struggle, of the ravages of the war on Spain and its people, and of the reasons that drove thousands of Canadians to volunteer. After almost half a century, Ronald Liversedge's illuminating account, richly annotated and illustrated, appears for the first time.

The Next Thing on My List A Novel Broadway Books

Authentic Health is a comprehensive guide to reclaiming health for the millions of Americans plagued by painful chronic conditions including obesity, depression, diabetes, and insomnia. In this straightforward, easy-to-use roadmap, Dr. Gus Vickery lays out a comprehensive program for addressing painful chronic conditions, including obesity, diabetes, depression, persistent headaches, and difficulty sleeping. From nutrition and physical activity to lesser-known, but powerfully effective, techniques for managing stress, sleeping well, and cultivating a sense of purpose, Dr. Vickery offers a powerful manifesto for claiming the good health that's within you.,

Ellie grew up on a dirt farm in Ontario with only brothers, no sisters. She had five children by the time she was twenty one and a drunken husband who she ran away from. She took her children west as far as the road would go, and went from waiting tables, to slinging drinks, then on to nursing. Eventually driving trucks for better money. Her children now numbered seven. Men were her downfall, most of them wanted her children more than her. With trucking she was in a man's world in a time when it was not acceptable, but with perseverance and just plain bull-headedness she made her mark. Finding the pit falls and how she came over them, and still kept her seven children together under one roof on her own.

Journeys With Jesus-- A 13-Week, Multiage Summer Program, perfect for any children's ministry! Another great program from Godprints--the same folks who brought you It's a King Thing! Each week kids trek with Jesus through the Holy Land, meet people Jesus met, hear what Jesus said and see how his miracles changed the lives of people. Follow Jesus' life from the time he was 12 until he ascended to heaven. In Trail 1, kids gather for music, prayer and puppets before a lively, interactive Bible story presentation. Trail 2 takes kids to a variety of craft, snack, game and science activity options. Trail 3 offers a quick blessing or affirmation that helps keep kids on the road with Jesus.

Wherever they are in their own journey with cancer, readers will find here a personal, practical, and powerful guide to recovery.

I have cancer, but it's not who I am. Mother of four girls Julia Watson thought her world was falling apart when she found out she had terminal cancer. But with humour and courage, Julia faces the greatest challenge of her life – and in the process becomes the person she'd always wanted to be. A survivor of child abuse, brought up by a mother with mental illness, Julia was no stranger to adversity. After her daughter Georgie was born with Down syndrome, she thought she'd faced it all. But when doctors offer her the chance of risky but potentially life-saving surgery, Julia faces her toughest situation yet. Follow Julia and her family, as she writes her way through the crisis, chases her dreams, gets her dancing shoes on and discovers the lighter side of life with a colostomy bag. This is a candid, entertaining look at life with cancer and living each day

with humour and hope.

A hilarious and heartwarming debut novel of big dreams, big days, and even bigger lies. . . Molly Harrigan has always dreamed of the perfect wedding, she just never thought she'd be in scores of them as the bridesmaid. Now on her thirtieth birthday—after her younger, married sister announces that she's pregnant—Molly's old dream takes on an all-new urgency. It doesn't help matters that her best friend Brad drops the bomb that he's engaged to his spoiled brat of a girlfriend. Devastated, Molly does what almost no one in the same situation would do. With a giant wedding fund burning a hole in her pocket (courtesy of her late, beloved grandmother), Molly hires a fiancé. Now armed with the perfect boyfriend, Molly stages a whirlwind courtship, engagement, and grand-ballroom-style wedding. Lying to her friends and family is a small price to pay for cake-tastings, gift registries, and dress fittings. But lying to herself could cost Molly her one chance at true love—with a man whose feet are turning as cold as her own. . .

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