

Get Free Seconds To Snap One Explosive Day A Family Destroyed My Descent Into Anorexia

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'I can tell you exactly the day it all went wrong - the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in.' Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food. And so began the biggest fight of her life. Tina's life-or-death struggle with anorexia is told with devastating honesty in this extraordinary account of a girl at war with herself. Through her years in and out of psychiatric wards, Tina takes us to some of the darkest places of the mind. But in the end her courage, conviction and sheer determination win out. It took Tina seconds to snap and a lifetime to recover - but today, as a passionate campaigner for mental health, she is living proof that there is always a reason to hope that one day, things will get better.

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

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Three wise and witty novels of the sixties, sexuality, and the South by a New York Times–bestselling “strong, salty, original talent” (Doris Lessing). Kinflicks: “An ambitious, funny, lucid and unfailingly honest” coming-of-age novel set in the 1960s American South (The New Yorker). Tart-tongued Tennessean Ginny Babcock seems to live in an idyllic world—and her mother documents every moment for the family’s home movies. But mother’s “kinflicks” don’t capture everything about Ginny. Not by a long shot. Original Sins: In this “thoroughly endearing” novel, Sally, Emily, Jed, Raymond, and Donny are friends who dream big in rural Tennessee (Chicago Tribune). But the road to reality isn’t quite what they imagined. Some take the safe route; others drift away to reconsider their roots and traditions; and for Donny, an African American, fulfilling dreams is all about resilience. In the ever-shifting landscape of the 1950s and ’60s, they grow up, grow apart, and have every good intention of coming back together. Five Minutes in Heaven: Raised in the Tennessee hills in the 1950s, Jude grows into a young woman who finds her soul mate in her new neighbor Molly. But when age and social convention intervene, she ventures north to pursue all that sixties New York has to offer—including a transitional comfort with a man in the midst of his own sexual discovery. With an endearing heroine and a smart consideration of what it means to love—and be loved—this coming-of-age novel is “a little bit of heaven” (Rita Mae Brown).

Light is what photography is all about, but many photographers find that it poses their

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toughest technical and artistic challenge. Fortunately, this easy-to-grasp guide shows both new digital camera owners and those with more experience how to understand, modify, and control light to create more compelling images. Learn all about the color, direction, and quality of natural light and how to adjust lighting to flatter the subject. Find out about the best lighting strategies for portraits, close-ups, interiors, performances, and outdoor occasions. This illuminating book starts you off with the basics--but by the time you're through, you'll have the knowledge to become a true lighting master.

Psychiatrist Woody Wood, Americas love guru and renowned phobia specialist, persuaded his fiance to wait until their wedding night to consummate their relationship, because unbeknownst to her and the millions who read his syndicated sexual advice column, Woody is still a virgin due to a debilitating performance anxiety. Further complicating matters is the sudden arrival of Woodys 72-year-old- mother, Happy, and her one-legged psychopathic boyfriend who escaped from a locked mental ward and appeared at Woodys doorstep just in time to brew a potpourri of unimaginable trouble for the two love birds. Happys never-ending supply of laxatives, scathing truths, and a mysterious red shoebox wreak havoc on Rudd Waters, the fetching former beauty queen and fiance of Woody, and Woodys three-legged incontinent and neurotic dog, Di. Woodys two million dollar mansion, not big enough for the four of them, becomes even smaller with the addition of Lucky, Happys slutty daughter, Luckys do-nothing husband, Jeep, and Ben, Luckys rotund lawyer friend and married lover. Julian, a promiscuous

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chef, and Christian, a conflicted and closeted heart surgeon and former lover of Rudd, round out this crazy mix. Told from the point of view of thirteen characters, 911 is a dark comedy based on real people and an incredible chain of real events that ultimately threaten not only Woodys sanity, but his life! Happy, Jewish American Princess and marionette mistress extraordinaire, possesses the uncanny ability to control the destiny of misfits, embroiled in a Gordian knot, in the end unveiling unexpected acumen and cunning talent.

Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall

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safety and wellness. "Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." —Jessica Lahey, New York Times Bestselling Author of *The Gift of Failure* "This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know." —Rachel Simmons, New York Times Bestselling Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *Pacific Standard*, *Holier Than Thou* *IPO: Snapchat and Effective Parenting* *Parenttoolkit.com*, *Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat* *Los Angeles Review of Books*, *Life and Death 2.0: When Your Grandmother Dies Online* Surveys the participants, circumstances, and play of the first forty-six Super Bowl games, and offers lists of the ten best and worst plays and players, game records, and statistics.

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The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

This is the definitive reference work on the NFL's Oakland/Los Angeles Raiders. Part I is a season-by-season review, covering each game and player from every campaign. Part II includes a complete all-time roster of players and coaches, with biographical information, along with information on all draft picks, schedules, and individual awards and honors. Part III covers the characters, from executives to cheerleaders, who made the Raiders one of the most colorful organizations in professional sports, and details the franchise's historic stadiums and uniforms. Former sergeant Vincent Peterson goes to work like any other person. But today is different. Unexpectedly, hes approached by a womanAthenawho insists that he is needed for a top-secret project, and in exchange, she can prove that his name and his reputation were destroyed. But before Athena can deliver what she has promised, shes kidnapped in broad daylight right from Vincents grasp by a group of Russians, leaving Vincent worse off than ever. Events have been set in

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motion. Vincent is now part of something much larger, and only Athena has the answers that he needs. Being hunted by the FBI, the US Army, and a clandestine Russian operative, Vincent is in the ultimate fight of his life. To get out, Vincent will have to go further in than ever before in order to learn the truth about his past and save his future.

Front line combat soldier in General Patton's Third Army WWII Stanford University--worked 40 hours a week and carried full load Invented flexible endoscope (fiber optics) 1952 Family practice 42 years in small town (Hollister) West Central California Had 12 foreign students live in my home, go to school and become part of my life Learned to fly. Joined Flying Doctors and made over 100 trips to Mexico over 30 years Earthquake West Yellowstone, Montana 1985. Flew in set up an aide station and cared for the injured Associate professor at Stanford Medical School and University of California at Davis, medical school Martin Luther King. Marched for freedom at Selma 1965 Earthquake Mexico 1985. Set up and led rescue team to care for the injured Returned with Rotary Club and Flying Doctors to help rebuild and totally re-equip hospital in Lazaro Cardenas, Mexico China: went there just after Tienanmen Square Returned to China several time to try to get Rotary Clubs accepted. Helped to bring equipment to large Chinese hospitals Developed a new mechanical theory about gravity and cosmology

This true story is more than one girl's struggle against the mental illness of an eating

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disorder. Corinne's journey propels the reader through teenage insecurities and doubts with honest and raw descriptions of the breakdown of the relationship with her twin brother, abandonment from her mother, the loss of her first love, the pain of isolation, and her resulting lack of self-worth. Corinne's weaknesses and willingness to die manifest themselves as her illness grows. But through faith, friendship, and love, she finds the strength to claw her way to recovery, demonstrating the power of hope and healing in the midst of tragedy.

"Holly Roberts most thrilling series!" -Books with an Edge "Just tagged this as an all-time favorite book, this means this is so good." -Bookingly Yours Blog "A 5* read and I will be on the lookout for more" -AbFab Book Reviews "What happens when good and bad mix?? EXPLOSIONS!!!" -Michelle Loves to Read "It was funny, gritty, and sexy as hell. Holly S. Roberts is def on my authors to watch list!" -JJ Book Bangers The World: The Hotter Than Hell world is made up of criminals, outlaw motorcycle gangs and strong women who go after what they want. Arizona's summer heat, where you can fry an egg on the sidewalk, is the setting. Cruz the streets of Phoenix where danger lurks behind a wall of fiery suspense and steamy romance fans the flames of deadly desire. The men behind the criminal empire: Catch Xavier Moon controls the criminal underworld of Arizona and safety has a price. Alex Gomez is Moon's enforcer. His hands are covered in blood and the lines between right and wrong blurred. Dax Jonathan Montgomery rides for an outlaw motorcycle gang after spending years in

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prison for killing the man who murdered his wife and unborn child. His path crosses Moon's and all hell breaks loose. The women who give the men a run for their money: Madison Kinlock has a dead-end job as a private investigator after an injury ends her career as a police officer. She knows who Moon is and she isn't afraid. Maybe she should be! Celina Thomas has a deadly secret. When she crosses paths with Alex Gomez her world changes forever as they fight for the life of an innocent child. Sofia Guadalupe Acosta was born the biproduct of a drugged-out mother and a skinhead father who wanted her dead. Dax is everything she hates and she's everything he wants. The Solution: Hang onto your eReader and take a wild ride through the hot streets of Moon's empire!

Award-winning screenwriter, journalist, and political insider Hilsman brings an inside knowledge of both politics and intelligence that makes "19 Angels" a gripping, ripped-from-the-headlines read.

Bestselling author Lisa Alther's classic coming-of-age novel set amidst the changing times of the 1960s American South Growing up in Tennessee in a family of privilege, Ginny Babcock's world is seemingly idyllic. Her father, the Major, runs the local plant—and, thus, the town—and her mother works on beloved home movies, or "kinflicks," as her children call them, documenting the quintessential moments of her children growing up. But her mother's camera isn't there to capture Ginny's growing rebellion against her prim Southern upbringing. From her backseat exploits as a

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popular high schooler, to her late night adventures at the moonshine joint with a greaser boyfriend, to her passionate days with a lover at the militant feminist commune in Vermont, Ginny throws herself into the moment—until, finally, she must return home and look after her ailing mother. Funny, wise, and filled with unforgettable characters, *Kinflicks* is a captivating novel that draws on the human fallout of turbulent times. This ebook features an illustrated biography of Lisa Alther, including rare photos from the author's personal collection.

'This is an important, searingly honest book that will change lives. Tina is one of the bravest women I've ever met' – Lorraine Kelly 'I can tell you exactly the day it all went wrong - the day my mum attacked my dad with a kitchen knife. In those few, short seconds, a black hole opened up in my life and I fell right in.' Tina McGuff's life was perfect - or so she thought. Living in Dundee with her devoted parents and three younger sisters, she was a happy, healthy and confident thirteen-year-old. But all that changed in one horrifying act of revenge and Tina's world collapsed overnight. Terrified, lost and confused, she turned to the one thing she thought she could control - food. And so began the biggest fight of her life. Tina's life-or-death struggle with anorexia is told with devastating honesty in this extraordinary account of a girl at war with herself. Through her years in and out of psychiatric wards, Tina takes us to some of the darkest places of the mind.

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Regarded in NFL circles as one of the nation's leading independent draft analysts, spending thousands of hours evaluating talent each season, Nolan Nawrocki's vast network of contacts allows him to gather intelligence regarding NFL prospects that is unparalleled in the industry. His annual book contains in-depth information on some 350 players eligible for the draft, with the history, strengths, and weaknesses of each player clearly documented. Nawrocki also quotes other scouts on their opinions of individual players and gives probable draft rounds in which they will be drafted and even some teams they would fit best. He ranks the top ten players at each position on both offense and defense and gives the latest measurables available from both the Combine and individual pro days. Nawrocki led Pro Football Weekly's draft coverage from 2003 to 2013, then independently took over the writing and research on this book in the grand tradition of the iconic football analyst Joel Buchsbaum.

When the U.S.S.R. launched the first satellite into Earth orbit on October 4, 1957, a wave of fear and awe shook the world. In the heart of the Cold War, this first

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satellite was a threatening show of power and the decisive event that led to the infamous space rivalry between the U.S.S.R. and the United States. Launching missile after missile skyward, each superpower goaded its rival with impressive feats in space, each determined to prove to the world its technological superiority. As this engrossing work so clearly shows, it was in this pressure cooker of competition that each country achieved undreamed-of advances, stretching the boundaries of humankind's domain and giving us the first thrilling close-ups of the heavenly bodies in our solar system. The Space Age proved to be a rare instance in history, an era when two nations managed to call on their best and brightest to work single-mindedly toward a goal. Funded by millions of dollars and employing the talents of the top scientists and engineers from universities, the military, and, in the United States, the private sector, the space programs on each side of the Iron Curtain worked with determination and genius to build the incredible craft that would take us to the Moon and beyond. Robert Reeves, a respected historian of the Space Age and contributor to *Astronomy*, *Amateur Astronomy*, and *Deep Sky Journal*, describes the massive power and capabilities of these spaceships. Designed to overcome staggering obstacles, our spaceships accomplished what was once deemed impossible. Both the Soviets and the Americans succeeded in landing craft with amazing precision on

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the nearly airless surface of the Moon. American space probes touched down on the rocky surface of Mars, while the Soviets succeeded in building probes that could withstand the hellish heat and deadly pressure of the Venusian surface, transmitting photographs and readings that were inaccessible from Earth.

Scientists today are still analyzing this invaluable information, deducing the story of our solar system by studying the craters on the Moon, the mysterious channels on Mars, and the nightmarish surface of Venus. Reeves illuminates the brilliant achievements and bitter tragedies of conquering the inner solar system. Fueled by pride and national honor, funded by politicians, and designed by the leading engineers of the world, each hard-earned mission was at once a political triumph for each nation and a scientific triumph for humankind. Reeves traces this most exciting history from its extraordinary genesis to the present and looks toward future cooperative ventures which will, with funding, luck, and united effort, yield knowledge and adventure beyond our wildest dreams.

Private eye Sharon McCone receives an e-mail asking for help from her emotionally disturbed half brother Darcy Blackhawk. She replies . . . but gets no response. As Sharon digs deeper, she discovers that Darcy sent his message from an Internet café in San Francisco, a city he's never been to before. Sensing that her brother is in terrible danger, Sharon begins a search for him throughout

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the city. The investigation leads her to the body of a woman at the Palace of Fine Arts, where a witness had told her that Darcy was headed. Then, as she digs deeper, Sharon uncovers a connection to the unsolved murder of a young heiress to a multimillion-dollar banking fortune. Now Sharon must race to solve both murders and ensure her brother's safety, despite the imminent danger that lurks within her own family.

Philadelphia sports fans have a reputation as the roughest, toughest, most vocal and unruly fans in sports. Philly fans booed Santa, cheered, as Michael Irvin lay motionless on the Vet's hard Astroturf. Sports radio personalities Glen Macnow and Anthony Gargano tell the story from the Philadelphia fan's perspective. In part a Philadelphia sports memoir, *The Great Philadelphia Fan Book* is also a historical and anecdotal account of the nation's passionate sports fans centering around Philadelphia's four major league teams. The authors mount a sturdy apologia that will be sure to delight Philadelphia sports fans and remind them of their unique and unabashed dedication to their hometown teams.

They came from the night sky, lighting the heavens like the promise of salvation. But they didn't bring deliverance...they brought something far, far worse. Something that turns people into mindless, cannibalistic monsters. And it's spreading. A reporter follows her story of unspeakable horror south of the border and finds it's worse than she

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imagined. A wounded fighter pilot finally gets his chance to return to duty but is faced with a mission that could cost him his wings, or his country its chance. A billionaire with dreams of space finds a crashed alien spacecraft unlike anything mankind has ever seen. A brilliant geneticist conducting outlawed research comes face to face with the nightmare consuming the world faster than anyone can comprehend...or stop in time. The government can't contain it. The military can't fight it. This is A Time To Die. Seconds to Snap - One Explosive Day. A Family Destroyed. My Descent into Anorexia. Kings Road Publishing

Storytelling at its best, this compelling memoir graphically portrays the scarred emotional landscape of young men who seek a place in the world by way of a military career. Exhausted shadows of the past are brought alive with uncommon eloquence as the author looks back on his youth brimming with innocence, idealism and patriotism. A page turner, the book explores the complex nature of a man whose brave, daring and sometimes foolhardy exploits led to the essential task; building a scaffold of choices and attitudes by rendering meaning from the intractable depths of experience. What in other hands might be a dreary tale of adolescent angst, betrayal and disillusion, takes on truly pyrotechnic energy, lifting his coming of age from the mundane to the profound.

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