

Short Too

With increasing emphasis on diet and exercise in recent years, more people are living longer. A primary care physician for dozens of 100-year-olds in his practice at the Palo Alto Medical Clinic, Dr. Bortz offers unique insights into how to get the most out of our vital organs for 120 years of life.

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

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

Why Struggle? life is too short to wear tight shoes encourages you to accept life for what it is an unpredictable journey.

When was the last time you slowed down, watched a child or created your own adventure? Barbara J. Faisons insightful suggestions and food for thought nourish your spirit and remind us that life is a celebration. Why Struggle? reminds us that there is value in silence, being grateful, and forgiving yourself and others. Developing a belief system, slowing down and embracing change are pearls of wisdom that illustrate the authors passionate belief that in the journey of life, we must LIVE, LOVE, LEARN, GROW and SHARE.

A newly discovered "exhilarating and moving memoir" of an RAF fighter pilot in World War II (Daily Mail). It is not often that a long-hidden gem of a manuscript is published, bringing a moment in WWII history to vivid life for today's readers. Geoffrey Wellum's First Light was one example. The memoir of Timothy Vigors is another. Born in Hatfield but raised in Ireland and educated at Eton and Cranwell, Vigors found himself in France in 1940 flying Fairey Battle bombers. After the Fall he joined the fighters of 222 Squadron, with whom he saw frantic and distinguished service over Dunkirk and persevered through the dangerous days of the Battle of Britain, when he became an ace. Vigors transferred to the Far East in January 1941 as a flight commander with 243, then to 453 Squadron RAAF, and on December 10 of that year he led a flight of Buffaloes to cover the sinking Prince of Wales and Repulse. Dramatically shot down, burnt and attacked on his parachute, he was evacuated to Java, and from there, to India. As he describes these experiences in his handwritten account, the author provides a fascinating and valuable record, a newly discovered personal narrative of air combat destined to be seen as a classic.

This small collection of short poems is designed to enlighten, empower, and elevate. It marries together inspiring words and original imagery collected from Hart's travels over the world. Each of these short poems holds powerful messages of hope, joy, inspiration, and positivity within them. This book is a reminder that life is too short to play small, to live under your greatness, and to not make your wildest dreams into your reality. You deserve nothing less than the life of your ultimate desire. Let this book inspire you to go and create that life today.

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

Patricia Lorenz answers the time-honored question, "Don't we all have better things to do than fold our underwear?" with a resounding yes! This humorous look into Pat's household offers a welcome reality check for those times when your priorities become scrambled ... Lifelong friends facing the future after cancer, Kathy, Eileen, and Charlotte are each dealing with complex family relationships and emotional issues. Kathy's husband is a serial cheater. Eileen's mother keeps telling her she's not wonderful like her sister. Charlotte still aches from

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losses of years ago. This is their second chance, the moment when they can make important life changes before it's too late. As they take up the challenge of finding hidden treasures at a family beach house in Cape May and back home in the affluent Washington, DC, suburb of Bethesda, Maryland, these best friends discover shocking family secrets as well as new strengths in themselves. Their story entwines with those of Steve, an old friend with a mystery he's trying to solve, and much younger Brian, whose army career has been his whole focus until he faces a life-changing dilemma. What must each of them do to take the next bold step to happiness?

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

Too Big, Too Small, Too Short, Too Tall, Just Right is about five animals who went on a picnic to the Country Garden Park one beautiful Saturday afternoon. Freddy Giraffe, Toby Turtle, Victor Elephant, and Missy Cat enjoyed walking to the park together. Penelope Duck seemed to be judgmental and closed-minded and labeled all the other animals while walking to the park. A great surprise awaited Penelope Duck when the animals arrived at the park. Penelope Duck was reunited with her long-lost family that she was separated from the year before. Penelope Duck thought deeply about how she wasn't kind to any of the other animals. She learned a valuable lesson that day. She learned that she needed to be a friend before she could make friends.

"These vivid New Hampshire farm sketches from Hall's well-spent youth--all written when he was full-grown--are as much attuned to the supple and enticing utilities of language as they are grounded in a vanished time which may, at a glimpse, seem simple, but were complex and rich and not simple at all."--Richard Ford This is a collection of story-essays diverse in subject but united by the limitless affection the author holds for the land and the people of New England. Donald Hall tells about life on a small farm where, as a boy, he spent summers with his grandparents. Gradually the boy grows to be a young man, sees his grandparents aging, the farm become marginal, and finally, the cows sold and the barn abandoned. But these are more than nostalgic memories, for in the measured and tender prose of each episode are signs of the end of things: a childhood, perhaps a culture. In an Epilogue written for this edition, Donald Hall describes his return to the farm twenty-five years later, to live the rest of his life in the house that held a box of string too short to be saved.

In the tradition of Erma Bombeck and Peg Bracken, author Lisa Quinn—Emmy Award-winning television host and recovering Marthaholic—gets real on the follies of housekeeping. *Life's Too Short to Fold Fitted Sheets* is a crash course in Slacker Chic 101 that will have over-extended women everywhere laughing out loud and throwing in the towel—the dish towel, that is. Full of shortcuts and tricks for cleaning, decor, and entertaining, such as: the top 10 things you have to clean if you have company coming in 30 minutes; interior finishes that hide the most dirt; 17 meals made from a deli chicken; and much more, this wickedly funny guide helps women create the life they want without all the hard labor—and without compromising style.

A brilliant and touching romantic comedy from the USA Today bestselling author of *The Friend Zone* and *The Happy Ever After Playlist*. When Vanessa Price quit her job to pursue her dream of traveling the globe, she wasn't expecting to gain millions of YouTube followers who shared her joy of seizing every moment. For her, living each day to its fullest isn't just a motto. Her mother and sister never saw the age of 30, and Vanessa doesn't want to take anything for granted. But after her half sister suddenly leaves Vanessa in custody of her baby daughter, life goes from "daily adventure" to "next-level bad" (now with bonus baby vomit in hair). The last person Vanessa expects to show up offering help is the hot lawyer next door, Adrian Copeland. After all, she barely knows him. No one warned her that he was the Secret Baby Tamer or that she'd be spending a whole lot of time with him and his geriatric Chihuahua. Now she's feeling things she's vowed not to feel. Because

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the only thing worse than falling for Adrian is finding a little hope for a future she may never see.

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

Learn how to approach life's problem and how making the right choices is easier than you may think.

Award-winning author, Kevin Crossley-Holland, follows the success of *Short*, with *Short Too!*, a collection where even the longest story is very short. A wonderful mix of the best short stories. Some are old, some are new, some are scary, some are funny, but all the stories in this book will make you think. There's Tarvaa and the terrible plague, a bagful of butterflies, ghostly tales from the beyond the grave, and the short life of Barbara the Lamb Who Froze to Death. Baa! Brr! Ahh!

A personal memoir based on the life of a Hollywood casting icon. Marion Dougherty lent a helping hand with discovering the careers of legendary actors such as James Dean, Warren Beatty, Robert De Niro, Dustin Hoffman, Al Pacino, Robert Redford, Mel Gibson, Danny Glover, Jon Voight, Robert Duvall, Gene Hackman, Bette Midler, Glenn Close, Diane Lane, Brooke Shields, and countless others. Dougherty began her casting profession in New York during the Golden Age of Television, casting well over six hundred episodes of Kraft Television Theatre, *Naked City*, and *Route 66*, which led to her very successful career in the motion picture industry. She became the first female casting executive at Paramount Pictures in 1975 before securing the position of vice president of talent at Warner Brothers in 1979, a position she held up until her retirement in the year 2000. Dougherty's casting career spanned over fifty years, and the many personal anecdotes that she shares in *My Casting Couch Was Too Short* are a must-read.

Told with humor and affection, *String Too Short to Tie* tells the story of the powerful ties of land and family. The author, called Dalinda in this memoir, rumbles down the dusty Texas road where she grew up, struggling with ambivalence toward proud family and friends who stayed while she left. Life has changed since the bustling time of the '50s and '70s when Buddy Holly was a sensation down the road in Lubbock and her rural town of Tumbleweed bustled with energy, plentiful water, and her beloved farm families prospered. What will she and her classmates have in common as they work to plan their 50th class reunion? How will they feel about the Midwestern teacher she became versus the Texas farm girl they knew? How will she ever work with her headstrong sister to figure out how to honor their family farm? Laugh and cry as Dalinda works to resolve conflicting values over land, entitlement and lifestyle, unearthing small nuggets of delight and redemption that come when each of us tumble back home and remember a time when we were all "raised with guilt and red Jell-O."

Life's too Short to Be an Underdog is the story of a boy and his dog and another dog and yet another one well, several more after that. Author Dave Smith boldly reveals the sometimes confusing, occasionally tragic, but always amusing history of the "Smith Family Dog Curse". For so many years the family was denied in their attempts to cultivate a lasting bond with any dogs because of a series of mysterious events. In the midst of the family's pain and heartache, one dog managed to beat the curse and became the inspiration of many spiritual insights for his beloved master. Dave opens up the family history book and invites you to laugh along, secretly hoping it doesn't cost him the vast family inheritance. *Life's too Short to Be an Underdog* is a book to share with friends, family, pet lovers, the criminally insane, and anyone else who knows how to read. It will bring smiles to faces of those who remember their own favorite doggie memories and challenge them to look for

God's leading in the little things of life even in the sometimes bizarre antics of a little dog named Ballpark.

Brazen Brit Janet Street-Porter proffers pithy pronouncements

During childhood, we are unaware of the power we have to change someone's life. That sometimes, we as children need to take matters into our own hands to save someone we love. On January 18, 1976, I saved two people. I saved my mother (an alcoholic) and I saved myself. A few weeks before that night, a guardian angel gave me a glimpse into how our lives could be if she would just stop drinking. From the age of five until the age of ten, our roles were reversed. I was the adult and she was the child and after that night, the tides began to turn and our new relationship had begun.

Too Big, Too Small, Too Short, Too Tall, Just RightPage Publishing Inc

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

Every woman has either dated a jerk, or knows a friend that has dated one. But avoiding the jerks and attracting a decent man is actually a lot easier than you think. Forget watching reruns of Sex and the City or chatting with your girlfriends late at night. In this guidebook, a self-professed jerk comes straight out, speaks the truth, and systematically explains how to

- spot, avoid, and say goodbye to jerks;
- tell if a guy is wasting your time;
- deal with players
- hunt for good men (and where to hunt for them).

You'll also learn how to avoid common mistakes, such as overrating initial chemistry, inadvertently hurting a man's ego, losing a good guy's interest and much more. Full of witty satire and sarcasm. Get ready to laugh out loud with this hilarious anti-game. What people had to say about this book: "Hey Willie, this is so entertaining! Ha ha you have a great sense of humor, and your statements are so true!" - Denise "We all know no one likes a tattletale. Hate the game, not the player. Every girl Tiger slept with knew he was married. Who is worse?" - Steve the player "That was such an enjoyable and enlightening read. I mean it's well written, witty, and one would think some

of it is common sense, but sometimes people (i.e. me!) need common sense to slap them in the face!” - Cheryl “Willie whistle blower has a nice ring to it. You know someone’s going to kick your butt one day? Good work!” – A guy Willie no longer parties with “I don’t understand you. You go through university, build a promising career. Now you quit your job and write this book? Why would you tell the whole world you’re an asshole?” – Willie’s mom

WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR WINNER OF THE BRITISH SPORTS BOOK AWARDS FOOTBALL BOOK OF THE YEAR Why does an international footballer with the world at his feet decide to take his own life? On 10 November 2009 the German national goalkeeper, Robert Enke, stepped in front of a passing train. He was thirty-two years old and a devoted husband and father. Enke had played for a string of Europe's top clubs, including Barcelona and Jose Mourinho's Benfica and was destined to become his country's first choice in goal for years to come. But beneath the veneer of success, Enke battled with crippling depression. Award-winning writer Ronald Reng pieces together the puzzle of his friend's life, shedding valuable light on the crushing pressures endured by professional sportsmen and on life at the top clubs. At its heart, Enke's tragedy is a universal story of a man struggling against his demons. ‘It should be on every British football fan's reading list’ Metro

Penny Jordan needs no introduction as arguably the most recognisable name writing for Mills & Boon. We have celebrated her wonderful writing with a special collection, many of which for the first time in eBook format and all available right now. "You can't cling to the past forever, Sara!"

Sorry Mort, You're Just Too Short is a story of a young boy named Mort who is determined to prove to everyone he is perfect in his own way. Although Mort is not very good at some things, he is motivated by his dad to find something he is good at. Despite his height, Mort realizes that if you work hard enough you can be good at anything.

We were all affected by 9/11. That’s not news, nor is it news that everyone grieves in different ways. How some people heard the call to service, how they heeded the voice calling them through the aftermath toward a new life, however, is striking and inspiring. As these people look back on how their worlds have changed, they can help us answer the heartrending question, “Where was God?” In *Life Is Too Short: Stories of Transformation and Renewal after 9/11*, author and journalist Wendy Stark Healy brings us the personal narratives of disaster responders, case managers, pastors, and those who worked in or near the World Trade Center, revealing how their experiences after 9/11/01 changed their lives for the better—forever. Healy shares the story of the pastor who blessed body parts at Ground Zero and, after healing his own emotional wounds, became a mental health counselor. There’s the aspiring actress and temp worker who became a spiritual healer after realizing healing is always possible, even amid unfathomable horror and despair. A Wall Street banker volunteered in an FDNY food tent before going on to run the September 11 Families’ Association. Healy’s stories of renewal and faith, of the normal people who used the gifts they were given to make the

world a better place, show us the strength and power in helping one another and give us a roadmap for building a future of tolerance and peace.

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

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

Thirteen-year-old Matt is so envious of his best friend Keith that he wishes things would go badly for him, and when Keith's fortune changes while at the same time Matt finds his first true girlfriend, Matt is overcome with guilt.

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