

Sitting Kills Moving Heals How Everyday Movement Will Prevent Pain Illness And Early Death And Exercise Alone Wont By Vernikos Joan 2011 Paperback

This groundbreaking new medical work demonstrates how modern sedentary lifestyles contribute to poor health, obesity, and diabetes, and how health can be dramatically improved by continuous, low-intensity, movement that challenges the force of gravity. Citing her original NASA research on how weightlessness weakens astronauts' muscles, bones, and overall health, the author presents a simple and effective plan for maintaining good health throughout life by developing new lifestyle habits of frequent gravity-challenging movement. Written for everyone who spends most of their lives sitting in chairs, at desks, and in cars, this practical, easy-to-follow action plan outlines simple gravity-challenging activities such as standing up frequently, stretching, walking, and dancing that are more healthful and effective than conventional diet and exercise regimens.

From "one of the nation's foremost Chicano literary artists" comes a coming-of-age classic and the bestselling Chicano novel of all time that follows a young boy as he questions his faith and beliefs -- now one of PBS's "100 Great American Reads" (Denver Post). Antonio Marez is six years old when Ultima comes to stay with his family in New Mexico. She is a curandera, one who cures with herbs and magic. Under her wise wing, Tony will probe the family ties that bind and rend him, and he will discover himself in the magical secrets of the pagan past--a mythic legacy as palpable as the Catholicism of Latin America. And at each life turn there is Ultima, who delivered Tony into the world... and will nurture the birth of his soul.

In 1909, Edward Payson Weston walked from New York to San Francisco, covering around 40 miles a day and greeted by wildly cheering audiences in every city. The New York Times called it the "first bona-fide walk ... across the American continent," and eagerly chronicled a journey in which Weston was beset by fatigue, mosquitos, vicious headwinds, and brutal heat. He was 70 years old. In *The Last Great Walk*, journalist Wayne Curtis uses the framework of Weston's fascinating and surprising story, and investigates exactly what we lost when we turned away from foot travel, and what we could potentially regain with America's new embrace of pedestrianism. From how our brains and legs evolved to accommodate our ancient traveling needs to the way that American cities have been designed to cater to cars and discourage pedestrians, Curtis guides readers through an engaging, intelligent exploration of how something as simple as the way we get from one place to another continues to shape our health, our environment, and even our national identity. Not walking, he argues, may be one of the most radical things humans have ever done.

Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: • Healing the gut and relieving digestive disorders • Balancing blood sugar, blood pressure, weight, and adrenal function • Neutralizing and flushing toxins from the liver and brain • Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

On the heels of his hugely successful "Dreamcatchers" King delivers another classic novel about boys, men, and a terrifying force only they can contain.

This is a frank, compassionate book written to those who contemplate suicide as a way out of their situations. The author issues an invitation to life, helping people accept the imperfections of their lives, and opening eyes to the possibilities of love.

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University "An amazing story, and truly inspiring. It's even better than you've heard."—Bill Gates NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • BookRiot • Pamela Paul, KQED • New York Public Library

Eddie is a wounded war veteran, an old man who has lived, in his mind, an uninspired life. His job is fixing rides at a seaside amusement park. On his 83rd birthday, a tragic accident kills him, as he tries to save a little girl from a falling cart. He awakes in the afterlife, where he learns that heaven is not a destination. It's a place where your life is explained to you by five people, some of whom you knew, others who may have been strangers. One by one, from childhood to soldier to old age, Eddie's five people revisit their connections to him on earth, illuminating the mysteries of his "meaningless" life, and revealing the haunting secret behind the eternal question: "Why was I here?"

From Fredrik Backman, New York Times bestselling author of *Beartown*, comes a heart-wrenching story of the ways loyalty, friendship, and love carry a small community through its darkest days. After everything that the citizens of Beartown have gone through, they are struck yet another blow when they hear that their beloved local junior hockey team will soon be disbanded. What makes it worse is the obvious satisfaction that all the former Beartown players, who now play for a rival team in Hed, take in that fact. As the tension

between the two towns simmers, a surprising newcomer is handpicked to try to save the Beartown club. Soon a new team starts to take shape around Amat, the fastest player you'll ever see; Benji, the intense lone wolf; and Vidar, a born-to-be-bad troublemaker. But bringing this team together proves to be a challenge as old bonds are broken, new ones are formed, and the enmity with Hed grows more and more heated. As the big game between Beartown and Hed approaches, the not-so-innocent pranks and incidents between the communities pile up. By the time the last game is finally played, a resident of Beartown will be dead, and the people of both towns will be forced to wonder if, after all they've been through, the game they love can ever return to something simple and innocent. *Us Against You* is a declaration of love for all the big and small, bright and dark stories that form and colour our communities. Compelling and heartbreaking, it's a roller-coaster ride of emotions and a showcase for "Fredrik Backman's pitch-perfect dialogue and unparalleled understanding of human nature" (Shelf Awareness).

Daniel Mulligan is tough, snarky, and tattooed, hiding his self-consciousness behind sarcasm. Daniel has never fit in—not at home in Philadelphia with his auto mechanic father and brothers, and not at school where his Ivy League classmates looked down on him. Now, Daniel's relieved to have a job at a small college in Holiday, Northern Michigan, but he's a city boy through and through, and it's clear that this small town is one more place he won't fit in. Rex Vale clings to routine to keep loneliness at bay: honing his muscular body, perfecting his recipes, and making custom furniture. Rex has lived in Holiday for years, but his shyness and imposing size have kept him from connecting with people. When the two men meet, their chemistry is explosive, but Rex fears Daniel will be another in a long line of people to leave him, and Daniel has learned that letting anyone in can be a fatal weakness. Just as they begin to break down the walls keeping them apart, Daniel is called home to Philadelphia, where he discovers a secret that changes the way he understands everything.

A Newbery Honor Winner A New York Times Bestseller This stunning fantasy inspired by Chinese folklore is a companion novel to *Starry River of the Sky* and the New York Times bestselling and National Book Award finalist *When the Sea Turned to Silver* In the valley of Fruitless mountain, a young girl named Minli lives in a ramshackle hut with her parents. In the evenings, her father regales her with old folktales of the Jade Dragon and the Old Man on the Moon, who knows the answers to all of life's questions. Inspired by these stories, Minli sets off on an extraordinary journey to find the Old Man on the Moon to ask him how she can change her family's fortune. She encounters an assorted cast of characters and magical creatures along the way, including a dragon who accompanies her on her quest for the ultimate answer. Grace Lin, author of the beloved *Year of the Dog* and *Year of the Rat* returns with a wondrous story of adventure, faith, and friendship. A fantasy crossed with Chinese folklore, *Where the Mountain Meets the Moon* is a timeless story reminiscent of *The Wizard of Oz* and Kelly Barnhill's *The Girl Who Drank the Moon*. Her beautiful illustrations, printed in full-color, accompany the text throughout. Once again, she has created a charming, engaging book for young readers.

Offers an approach to losing weight and keeping it off, explaining how an increase in such simple movements as standing, bending, and walking around can provide health benefits.

After 30 years of pioneering research with NASA, Joan Vernikos has written the first book to focus on the fundamental importance of gravity in maintaining youthful vigor. In it, she applies lessons learned from the experiences of U.S. astronauts and Soviet/Russian cosmonauts in space to ordinary people here on Earth. Highly practical, the "What You Can Do about It" section in each chapter is a comprehensive guide that will help young people, baby boomers, the elderly, and professionals make smart lifestyle choices. *The G-Connection* is written in down-to-earth and understandable language. Peppered with firsthand anecdotes from astronauts and interesting stories of Vernikos's own voyage of discovery, this book is both a fun and credible resource. The excitement for her work and ideas comes across clearly and is contagious. The reader finishes the book knowing what to do differently in his or her daily life to slow down or even reverse the aging process. "It is a treasure trove of ideas to a geriatrician"—Harold J. Guy, M.D., Professor of Geriatric Medicine, University of California San Diego Medical School, San Diego, California "The premise is plausible and the contents thoroughly referenced and well documented. It is written in a flowing style with humor and self-assurance and with language that never patronizes the reader."—Ralph Pelligra, M.D., NASA Ames Chief Medical Officer Moffett Field, California.

Instant New York Times Bestseller A simple, straightforward exploration of Transcendental Meditation and its benefits from world authority Bob Roth. Oprah Winfrey and Jerry Seinfeld. Ray Dalio and Ellen DeGeneres. Gwyneth Paltrow and Howard Stern. Tom Hanks and Gisele Bündchen. What do they have in common? The answer is a Transcendental Meditation teacher named Bob Roth, who has spent the past forty-five years helping many thousands of people access their innate creativity and power through this simple, nonreligious technique. Roth's students range from titans of business and the arts to federal prisoners, from war-scarred veterans to overworked moms and dads. Medical experts agree that the epidemic of stress is damaging our physical and emotional health at younger and younger ages. While there is no one single cure, the Transcendental Meditation technique is a simple practice that dramatically changes how we respond to stress and life's challenges. With scientifically proven benefits—reduced stress and anxiety, and improved focus, sleep, resilience, creativity, and memory, to name a few—this five-thousand-year-old technique has a clear and direct impact on our very modern problems. Once a skeptic, Roth trained under Maharishi Mahesh Yogi, the twentieth century's foremost scientist of consciousness and meditation, and has since become one of the most experienced and sought-after meditation teachers in the world. In *Strength in Stillness*, Roth breaks down the science behind Transcendental Meditation in a new, accessible way. He highlights the three distinct types of meditation—Focused Attention, Open Monitoring, and Self-Transcending—and showcases the evidence that the

third, Self-Transcending, or Transcendental Meditation, is a uniquely accessible, effective, and efficient way to reduce stress, access inner power, and build resilience. Free of gimmicks, mystical verbiage, and obscure theory, Strength in Stillness offers a clear explanation for how Transcendental Meditation can calm the mind, body, and spirit. "This groundbreaking study demonstrates how the prevalent problems of obesity, ailing health, and lack of energy can all be easily improved simply by using the power of gravity. The survey is based on the author's research into how weightlessness weakens astronauts' muscles, bones, and overall well-being, suggesting ways to incorporate gravity into everyday life and illustrating how it can increase fitness as well as prevent aging. Addressing those who spend more than half their lives sitting and therefore struggle to benefit from even the most strenuous gym workouts, this practical, easy-to-follow action plan outlines simple gravity-resisting activities such as standing, walking, and dancing, guaranteed to produce better results than diet and exercise plans"--

A New York Times Bestseller Bill Bryson, bestselling author of A Short History of Nearly Everything, takes us on a head-to-toe tour of the marvel that is the human body—with a new afterword for this edition. Bill Bryson once again proves himself to be an incomparable companion as he guides us through the human body—how it functions, its remarkable ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) and irresistible Brysonesque anecdotes, The Body will lead you to a deeper understanding of the miracle that is life in general and you in particular. As Bill Bryson writes, "We pass our existence within this wobble of flesh and yet take it almost entirely for granted." The Body will cure that indifference with generous doses of wondrous, compulsively readable facts and information. As addictive as it is comprehensive, this is Bryson at his very best, a must-read owner's manual for every body. ONE OF THE BEST BOOKS OF THE YEAR: THE WASHINGTON POST • FINANCIAL TIMES • THE DALLAS MORNING NEWS • BOOKPAGE • THE BOSTON GLOBE

California's gold country, 1850. Angel expects nothing from men but betrayal. Sold into prostitution as a child, she survives by keeping her hatred alive. Then she meets Michael Hosea, a man who seeks his Father's heart in everything. He obeys God's call to marry Angel and to love her unconditionally. Defying Angel's every bitter expectations, despite her resistance her frozen heart begins to thaw. But overcome by feelings of unworthiness and fear, Angel runs away from her husband's love. She is terrified of the truth she can no longer deny: Her final healing must come from the One who loves her even more than Michael Hosea does-- the One who will never let her go.

Traveling to the New World in 1606 as the page to Captain John Smith, twelve-year-old orphan Samuel Collier settles in the new colony of James Town, where he must quickly learn to distinguish between friend and foe. Reprint.

Pollyannas take heart, pessimists take note: Recent studies on achievement and well-being show that optimistic behavior contributes to better physical health, greater resilience in the face of life's twists and turns, and more satisfying relationships. As psychologists Suzanne Segerstrom reveals, optimists lay groundwork for the success they envision. While the rest of us worry whether our goals are attainable, those who practice optimism try to achieve theirs. Breaking Murphy's Law shows you simple ways to develop the skills that natural-born optimists use to get what they want from life. Dr. Segerstrom helps you break free from the inertia of cynicism and self-doubt and encourages you to engage the world around you. "Doing optimism"--by getting involved, working hard, and enjoying your achievements--establishes a positive feedback loop that's both personally transformative and self-perpetuating. This practical book imparts the lesson with a mix of humor and intelligence that will convince even the most hardened cynics that Murphy got it wrong.

STAYING POWER: Age-Proof Your Home for Comfort, Safety and Style helps you shape your space to meet your changing needs as you grow older. It's "sensible, useful, comprehensive and engagingly written," says Paula Span of The New York Times "New Old Age" blog. STAYING POWER: Age-Proof Your Home for Comfort, Safety and Style helps you shape your space to meet your changing needs as you grow older. This practical, problem-solving handbook can help you and the people you care about enjoy freedom, comfort and safety in familiar surroundings. So belly up to the grab bar and... Boost your independence as your abilities change. Easily customize your furnishings, layout and decor without breaking your back or your budget. Stay healthy with home-based mind-and-body fitness tips. Discover hundreds of valuable U.S. and Canadian resources to help with your specific situation. Use handy checklists and shopping lists to organize and kick-start your age-proofing projects. Whether you're planning ahead, ready to act, or helping someone else, learn how to make any type of house, apartment or condo a safer, more supportive home for years to come. This practical, problem-solving handbook can help you and the people you care about enjoy freedom, comfort and safety in familiar surroundings. So belly up to the grab bar and... Boost your independence as your abilities change. Easily customize your furnishings, layout and decor without breaking your back or your budget. Stay healthy with home-based mind-and-body fitness tips. Discover hundreds of valuable U.S. and Canadian resources to help with your specific situation. Use handy checklists and shopping lists to organize and kick-start your age-proofing projects. Whether you're planning ahead, ready to act, or helping someone else, learn how to make any type of house, apartment or condo a safer, more supportive home for years to come.

Science has proven that sitting too much is bad for your health, but what can you do about it if you're stuck at your desk all day? "Designed to Move" gives deskbound professionals a practical, easy-to-follow movement plan to fight the debilitating and life-shortening effects of sitting disease. Dr. Joan Vernikos, former director of NASA's Life Sciences Division, draws on decades of scientific research on astronauts to show readers how to use gravity-based movement to counteract the effects of prolonged sitting and maintain lifelong good health. Written for everyone who spends most of their lives sitting in chairs, "Designed to Move" provides readers with a science-backed health program that helps people stay healthy while at work. Expanding upon her groundbreaking previous book, "Sitting Kills, Moving Heals," Dr. Vernikos shows how developing simple new lifestyle habits at the office can reverse the symptoms of sitting disease and even aging itself, and lead to a life of bountiful health.

The gripping first installment in New York Times bestselling author Tahereh Mafi's Shatter Me series. One touch is all it takes. One touch, and Juliette Ferrars can leave a fully grown man gasping for air. One touch, and she can kill. No one knows why Juliette has such incredible power. It feels like a curse, a burden that one person alone could never bear. But The Reestablishment sees it as a gift, sees her as an opportunity. An opportunity for a deadly weapon. Juliette has never fought for herself before. But when she's reunited with the one person who ever cared about her, she finds a strength she never knew she had. And don't miss Defy Me, the shocking fifth book in the Shatter Me series!

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant

scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential. From the Pulitzer Prize-winning author Lawrence Wright, whose bestselling thriller 'The End of the October' all but predicted our current pandemic, comes another momentous account, this time of COVID-19: its origins, its myriad repercussions, and the ongoing fight to contain it.

Sitting Kills, Moving Heals How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't Linden Publishing

The 12th installment in the New York Times best-selling series asks: What if Rapunzel's mother drank a potion from the wrong flower? Desperate to save the life of their queen and her unborn child, the good citizens of the kingdom comb the land for the all-healing Sundrop flower to cure her . . . but someone mistakenly picks the blossom of the Moondrop instead. This shimmering flower heals the queen and she delivers a healthy baby girl?with hair as silver and gray as the moon. But with her mysterious hair comes dangerous magical powers: the power to hurt, not heal. For the safety of the kingdom, Rapunzel is locked away in a tower and put under the care of the powerful goodwife, Mother Gothel. For eighteen years Rapunzel stays imprisoned in her tower, knowing she must protect everyone from her magical hair. When she finally decides to leave the only home she's ever known—to see the floating lights that appear on her birthday—she gets caught up in an unexpected adventure with two thieves: a would-be outlaw named Gina, and Flynn Rider, a rogue on the run. Before she can reach her happy ending, Rapunzel learns that there is far more to her story, and her magical hair, and her future than she ever knew. For more twisted adventures, try the other books in the A TWISTED TALE series: *A Whole New World* by Liz Braswell *Once Upon a Dream* by Liz Braswell *As Old As Time* by Liz Braswell *Reflection* by Elizabeth Lim *Part of Your World* by Liz Braswell *Mirror, Mirror* by Jen Calonita *Conceal, Don't Feel* by Jen Calonita *Straight On Till Morning* by Liz Braswell *So This is Love* by Elizabeth Lim *Unbirthday* by Liz Braswell *Go the Distance* by Jen Calonita (on sale 4/06/2021)

Radical in its simplicity, Dr. Eric Goodman's visionary approach to mindful movement corrects the complacent adaptations that lead to back and joint pain, and teaches us to harness the body's natural movement patterns into daily activities to make us fit, healthy, and pain free. Our sedentary lifestyle has led to an epidemic of chronic pain. By adapting to posture and movement that have us out of balance—including sitting all day at a keyboard, tilting our heads forward to look at our phones—we consistently compromise our joints, give our organs less room to function, and weaken our muscles. How we hold and live in our bodies is fundamental to our overall health, and the good news is that we all hold the key to a healthier body. Dr. Goodman has spent years studying human physiology and movement. He has trained world-class athletes for better performance, and has healed people of all ages and occupations of lifelong debilitating pain. His theory of self-healing is now available to everyone. His practical program trains the posterior muscle chain—shoulders, back, butt, and legs—shifting the burden of support away from joints and putting it back where it belongs: into large muscle groups. Filled with helpful diagrams and sixty color photographs, *True to Form* shows readers how to successfully integrate these powerful movements into everyday life—from playing with the kids to washing dishes to long hours in the office—transforming ordinary physical actions into active and mindful movements that help to eliminate pain, up your game, or simply feel more energetic. *True to Form* shows you how to move better, breathe better, and get back to using your body the way nature intended.

The instant New York Times bestseller! In this twisty psychological thriller from the #1 New York Times bestselling author of *THE CELLAR*, Ivy finds out that her twin sister, Iris, is trying to push her out of her own life--and might be responsible for their mother's death. After their parents divorced, 10-year-old twins Ivy and Iris were split up--Ivy lived with Dad, Iris with Mom. Now, after a tragic accident takes their mom's life, the twins are reunited and Iris moves in with Ivy and their dad. Devastated over Mom's death, Iris spends the first few weeks in almost total silence--the only person she will speak to is Ivy. Iris feels her life is over and she doesn't know what to do. Ivy promises her twin that she can share her life now. After all, they're sisters. Twins. It's a promise that Iris takes seriously. And before long, Ivy's friends, her life at school, and her boyfriend, Tyler, fall under Iris's spell. Slowly, Ivy realizes she's being pushed out of her own life. But she's just being paranoid, right? And Mom's accident was . . . just an accident. Right? It's not like she--or Dad--or Tyler--are in any danger. . . .

"Funny, tender, edgy. I wanted the love story to go on forever."—Joan Johnston, bestselling author of *No Longer a Stranger* Written in the wonderfully honest, edgy, and hilarious voice she perfected in *God-Shaped Hole*, Tiffanie DeBartolo shines in a passionate new story of music, love, and sacrifice. Eliza Caelum, a young music journalist, is finally getting her footing in New York when she meets Paul Hudson, a talented songwriter and lead singer of the band *Bananafish*. They soon realize they share more than a reverence for rock music and plunge headlong into love. When *Bananafish* is signed by a big corporate label, and Paul is on his way to becoming a major rock star, Eliza's past forces her to make a heartbreaking decision that might be the key to Paul's sudden disappearance. A layered and emotional look into the world of music, this raw summer read will resonate with readers who loved *Daisy Jones & the Six* by Taylor Jenkins Reid. Praise for Tiffanie DeBartolo's *God-Shaped Hole*: "From highs to heartbreak, DeBartolo conjures an affair to remember."—People "Honest, raw, and engaging."—Booklist "This generation's Love Story."—Kirkus Reviews

"After fourteen-year-old Eden is raped by her brother's best friend, she knows she'll never be the way she used to be"--

A leading authority on abusive relationships offers women detailed guidelines on how to improve and survive an abusive relationship, discussing various types of abusive men, analyzing societal myths surrounding abuse, and answers questions about the warning signs of abuse, how to identify abusive behavior, how to know if one is in danger, and more. Reprint.

"Scared Sitless" offers an antidote to "sitting disease," that surprising new affliction which results when we plop down on our derrieres for hours on end. It may not actually be "the new smoking," as so many headlines claim, but the consequences of our sedentary ways are definitely catching up with us. Fortunately, the remedy is straightforward: Develop better office fitness habits to sit less and move more. This book sets out the science behind "sitting disease" and shows you how to fight it. It also helps you cope with the muscle aches and pains and other discomfort that can result from a poor ergonomics set-up and sub-optimal posture. Ergonomics is all too often an annual ritual visit from someone in HR, or a one-time intervention when you get a new desk. Taking charge of your own ergonomics situation can help keep you comfortable and productive every day, not just in the few days after you get your new keyboard. Likewise, cultivating a little more postural awareness at work can keep you from curling up into that pillbug posture that so often comes with desk work. Naturally, exercise and movement are an important component of office fitness. The book shows you how to add more routine movement to your work day and how to do "no-sweat workouts" right at your desk, as well as home and gym workouts tailored to your unique needs as an office worker. Ideally, you want your new office fitness behaviors to become automatic, so there's a whole chapter that shows you how to turn them into habits. Like all of the book, the habit chapter draws on the latest research and best practices to give you an evidence-based action plan for staying fit and healthy at work.

Mackayla Lane's life is good. She has great friends, a decent job, and a car that breaks down only every other week or so. In other words, she's your perfectly ordinary twenty-

first-century woman. Or so she thinks . . . until something extraordinary happens. When her sister is murdered, leaving a single clue to her death—a cryptic message on Mac’s cell phone—Mac journeys to Ireland in search of answers. The quest to find her sister’s killer draws her into a shadowy realm where nothing is as it seems, where good and evil wear the same treacherously seductive mask. She is soon faced with an even greater challenge: staying alive long enough to learn how to handle a power she had no idea she possessed—a gift that allows her to see beyond the world of man, into the dangerous realm of the Fae. . . . As Mac delves deeper into the mystery of her sister’s death, her every move is shadowed by the dark, mysterious Jericho, a man with no past and only mockery for a future. As she begins to close in on the truth, the ruthless Vlane—an alpha Fae who makes sex an addiction for human women—closes in on her. And as the boundary between worlds begins to crumble, Mac’s true mission becomes clear: find the elusive Sinsar Dubh before someone else claims the all-powerful Dark Book—because whoever gets to it first holds nothing less than complete control of the very fabric of both worlds in their hands. . . . Look for all of Karen Marie Moning’s sensational Fever novels: DARKFEVER | BLOODFEVER | FAEFEVER | DREAMFEVER | SHADOWFEVER | ICED | BURNED | FEVERBORN | FEVERSONG BONUS: This edition contains an excerpt from Karen Marie Moning's Bloodfever.

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

Fiver could sense danger. Something terrible was going to happen to the warren - he felt sure of it. So did his brother Hazel, for Fiver's sixth sense was never wrong. They had to leave immediately, and they had to persuade the other rabbits to join them. And so begins a long and perilous journey of a small band of rabbits in search of a safe home. Fiver's vision finally leads them to Watership Down, but here they face their most difficult challenge of all... Watership Down is an epic journey, a stirring tale of adventure, courage and survival against the odds.

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

That the average adult spends 50 to 70 percent of their day sitting is no surprise to anyone who works in an office environment. But few realize the health consequences they are suffering as a result of modernity's increasingly sedentary lifestyle, or the effects it has had on society at large. In *Get Up!*, health expert James A. Levine's original scientific research shows that today's chair-based world, where we no longer use our bodies as they evolved to be used, is having negative consequences on our health, and is a leading cause of diabetes, cancer, and heart disease. Over the decades, humans have moved from a primarily active lifestyle to one that is largely sedentary, and this change has reshaped every facet of our lives—from social interaction to classroom design. Levine shows how to throw off the shackles of inertia and reverse these negative trends through simple changes in our daily lives.

I wasn't always in love with Colton Calloway; I was in love with his younger brother, Kyle, first. Kyle was my first one true love, my first in every way. Then, one stormy August night, he died, and the person I was died with him. Colton didn't teach me how to live. He didn't heal the pain. He didn't make it okay. He taught me how to hurt, how to not be okay, and, eventually, how to let go. Nell Hawthorne is in love with her life-long best friend, Kyle Calloway. Things are great, and they're in love, young, full of promise. Then Kyle dies in a tragic accident and Nell is forever changed. She meets Kyle's older brother Colton at the funeral, and there's a spark, but it's wrong and they both know it. The moment passes, and they both move on with life. A couple years later, they meet again in New York City, and Colton realizes that Nell has never really gotten over Kyle's death, and seems to be harboring a deeply rooted pain, something like guilt, perhaps. He knows he shouldn't get involved, but he can't help himself. Trust doesn't come easily for either of them, and they both have demons, Colton especially. Together, they learn the purpose of pain and the meaning of healing, and the importance of forgiveness.

I brought them to the wilderness because we couldn't cope with our reality. The plan was to make a new life that didn't include heartache. No people. No technology. No interference. Just us. A chance to piece together what was broken. But the wilderness is untamed and harsh. Brutal and unforgiving. It doesn't give a damn about your feelings. Tragedy lives there too. No escaping the truths that won't let you go. All you can do is survive where love, no matter how beastly, is the only thing you can truly count on.

Confusing. Wrong. Twisted. Beautiful. Sick. Love is wild. And we're going to set it free. **WARNING:** *The Wild* is an extremely taboo story. Most will find that the themes in this book will make you incredibly uncomfortable or maybe even offend you. This book is only for the brave, the open-minded, and the ones who crave love in even the most dismal of situations. Extreme sexual themes and violence in certain scenes, which could trigger emotional distress, are found in this story. If you are sensitive to heavy taboo themes, then this story is not for you. Seriously, you've been warned. Don't say I didn't try. You're probably going to cringe many, many, many times. Even if you're on the fence, it's probably not a good idea to proceed. However, if you're intrigued and fearless and kind of sort of trust me, then carry on. This book is for you.

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