

Ice Bound: A Doctor's Incredible Battle For Survival At The South Pole

Dangerous Intentions: Mouth Full of Lies is about my experience in a relationship with a Jamaican man named Mark (The Love of My Life) or so I thought. No matter how good things felt with all of the passion, love, time spent together, and chemistry, a web of lies was created. Once lies begin to surface things take a dramatic turn which changes the whole perception of what things appeared to be. I was taken on the ride of my life, the man I thought I knew suddenly became someone I didn't know at all. It was as if a mask was peeling off of his face and the person behind the mask emerged, which was a stranger to me. Our whole relationship seemed to disappear in the blink of an eye. My story will take you through all of the hurt and betrayal I endured. The man that vowed to love me and always be there for me lied and abandoned me. It almost seemed I was playing a character in a movie thinking this can't really be happening. He could no longer run from the truth, it was time to face it. The double life he was living blew up in an unexpected way. Ultimately he sold me a dream, but in the end delivered a nightmare.As my life was turned upside down I slowly moved on trying to put the pieces back together. In the process I crossed paths with another Jamaican man named Devon, who seemed to be the opposite of Mark. Devon and I would talk all the time about our past relationships which he used as a way to get close to me. I became hesitant pretty quickly as I noticed a dark side emerge that kept revealing itself no matter how much he tried to conceal it. Devon became emotionally and mentally abusive, it was the first time in my life I had ever experienced that type of abuse. He became a complete monster, as I tried to leave him many times I realized unlike the relationship with Mark, getting away from Devon would be more of a challenge. He was a manager at a cruise line where I worked and he made sure to keep reminding me by his actions that things would never be over until he wanted it to be over. I was taken through more twists, turns and confusion. In the end, I had to make a wise decision and forget what I hoped things could be based off of false pretenses and instead do what was best for me.

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows. In the bestselling tradition of Hampton Sides's In the Kingdom of Ice, a "gripping adventure tale" (The Boston Globe) recounting Dutch polar explorer William Barents' three harrowing Arctic expeditions—the last of which resulted in a relentlessly challenging year-long fight for survival. The human story has always been one of perseverance—often against remarkable odds. The most astonishing survival tale of all might be that of 16th-century Dutch explorer William Barents and his crew of sixteen, who ventured farther north than any Europeans before and, on their third polar exploration, lost their ship off the frozen coast of Nova Zembla to unforgiving ice. The men would spend the next year fighting off ravenous polar bears, gnawing hunger, and endless winter. In Icebound, Andrea Pitzer masterfully combines a gripping tale of survival with a sweeping history of the great Age of Exploration—a time of hope, adventure, and seemingly unlimited geographic frontiers. At the story's center is William Barents, one of the 16th century's greatest navigators whose larger-than-life ambitions and obsessive quest to chart a path through the deepest, most remote regions of the Arctic ended in both tragedy and glory. Journalist Pitzer did extensive research, learning how to use four-hundred-year-old navigation equipment, setting out on three Arctic expeditions to retrace Barents's steps, and visiting replicas of Barents's ship and cabin. "A resonant meditation on human ingenuity, resilience, and hope" (The New Yorker), Pitzer's reenactment of Barents's ill-fated journey shows us how the human body can function at twenty degrees below, the history of mutiny, the art of celestial navigation, and the intricacies of building shelters. But above all, it gives us a firsthand glimpse into the true nature of courage.

From the New York Times bestselling author of The House of the Spirits, Isabelle Allende, comes a passionate tale of one young woman's quest to save her lover set against the chaos of the 1849 California Gold Rush. Orphaned at birth, Eliza Sommers is raised in the British colony of Valparaíso, Chile, by the well-intentioned Victorian spinster Miss Rose and her more rigid brother Jeremy. Just as she meets and falls in love with the wildly inappropriate Joaquín Andieta, a lowly clerk who works for Jeremy, gold is discovered in the hills of northern California. By 1849, Chileans of every stripe have fallen prey to feverish dreams of wealth. Joaquín takes off for San Francisco to seek his fortune, and Eliza, pregnant with his child, decides to follow him. As Eliza embarks on her perilous journey north in the hold of a ship and arrives in the rough-and-tumble world of San Francisco, she must navigate a society dominated by greedy men. But Eliza soon catches on with the help of her natural spirit and a good friend, the Chinese doctor Tao Chi'en. What began as a search for love ends up as the conquest of personal freedom. A marvel of storytelling, Daughter of Fortune confirms once again Isabel Allende's extraordinary gift for fiction and her place as one of the world's leading writers.

The White Darkness
Alternative Worlds
Zoo of Emotions
Interrupted
Out of My Mind

The Secrets of the World's Most Eccentric and Innovative Genius Revealed!

Kathrine Lee...has an amazing ability to cheer people on to become who God designed them to be by communicating life changing stories wrapped in God's truth.—Lysa TerKeurst, President of Proverbs 31 Ministries and New York Times best-selling author The World can be full of challenges. Often, we must fight to see the good in the world. Kathrine Lee refuses to give up the fight. She believes there is good in the world, despite the pain and challenges we face. Learn how she found the spiritual strength and courage to stand up to disappointments and pain and find her path forward. A path that leads to joy, hope, and adventure. Lee left the church at a young age and wandered through dark valleys until she found her way back to the light. Once there, she became a passionate crusader for love and justice. In Interrupted, Lee discusses how she made the decisions that have given her such a fulfilling, satisfying spiritual and emotional existence. She shares her concern for anyone—but especially women—who has not felt the transformative power of God's grace. As Lee writes, that pain can be turned into an amazing purpose! Proceeds of her book will help her continue her work with Pure Hope Foundation, her nonprofit that assists in the restoration of those victimized by sex trafficking. "

Is high gear attainable for today's women and the next generation? Yes! Women in High Gear is a first-of-its-kind look at how women in business, on-rampers, and aspiring executives can discern and discover a path to high gear. Whether that looks like financial independence, starting a business, ascending to the C-suite, securing a board seat, or making superconnections, high gear is clearly within reach. Entrepreneurs and small business owners Anne Deeter Gallaher and Amy D. Howell join forces in Women in High Gear to tell their stories of two divergent paths to reach the same goal. In 13 easy-to-read and easy-to-relate-to chapters, Amy and Anne lay out their own journeys to high gear and show how others can connect the dots for growth and success. They combine big business principles with small business DNA in hopes that their experiences will shorten the business learning curve of women. Living the realities of staying at home and staying on the fast track, Anne and Amy help women of all ages understand the necessities for emotional resilience, harnessing the softs skills, exhibiting leadership, mastering self-discipline, understanding the bottom line, connecting on social media, and building a personal brand. Wherever you stand in your business journey, Anne and Amy challenge you to charge ahead with confidence and fresh perspectives. The world needs what you have to offer—high gear awaits! Acclaim for Women in High Gear: "Anne Deeter Gallaher and Amy D. Howell are keenly attuned to the need for mentoring, guidance, and inspiration to help prepare current and future generations of women for leadership in business and society. In Women in High Gear, Anne and Amy have artfully woven their own high gear journeys to both mark a path for growth and to steer readers clear of roadblocks. They blend advice, personal experience, insight, and accountability in hopes of shortening the learning curves of other women." Kim S. Phipps, Ph.D. President, Messiah College "In a business world steeped in too much self-help blather, Amy and Anne stand up for accountability, distinctiveness, mental toughness, responsibility, hard work, compassion, and appropriate compromise—the values that forge great leaders. This book is inspiring, true, and even better—entertaining!" Mark. W. Schaefer College Educator, Entrepreneur, International Speaker, and Author of Return on Influence and The Tao of Twitter "Women in High Gear is proof of the power of storytelling—at which Anne Deeter Gallaher and Amy D. Howell excel. They turn their hard-won personal and professional experiences into illuminating and engaging examples for others to follow. Early and mid-career professionals will find High Gear immediately useful, but even seasoned executives (like me) will see in Amy and Anne's experiences new approaches to today's challenges." Kathleen A. Pavelko President/CEO, WITF, Harrisburg, PA "This book is for anyone wanting to soar to higher goals in business." Philip H. Trenary CEO, Phil Trenary Associates; Former CEO, Pinnacle Airlines Corporation "After reading Women in High Gear, I immediately wrote out my high gear goals for the next five years. This book is for any woman with a big dream for her life!" Rachael DymSKI Author "Wonder duo Anne and Amy provide valuable insight into how independent, driven women can dominate the professional business landscape." Susan R. Ewing Director of Social & Digital Media, Hershey Harrisburg Regional Visitors Bureau "Women in High Gear is the modern guide to overcoming obstacles and achieving success without breaking a sweat—and doing it all in 4-inch heels. Anne and Amy have hit a homerun!" Kaitlin Sawyer Public Relations/Marketing Professional, Hawaii

#1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray, would also provide the impetus for Into Thin Air, Krakauer's epic account of the May 1996 disaster. By writing Into Thin Air, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of Into Thin Air includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since Into Thin Air's denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored The Climb, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

Jerri Nielsen was a forty-six year old doctor working in Ohio when she made the decision to take a year's sabbatical at the Amundsen-Scott South Pole Research Station in Antarctica, the most remote and perilous place on earth. The 'Polies', as the inhabitants of the research station are known, live in almost total darkness for nine months of the year, in winter temperatures as low as 100 degrees below zero, with no way in or out before spring. As the physician for 41 researchers, construction workers and support staff, Jerri Nielsen's job was to keep the Polies mentally and physically fit. This is her own account of her sea change as she becomes 'of the Ice', and finds that she would rather be in Antarctica than anywhere else on Earth. It is also a thrilling adventure of researchers battling against a hostile environment, and a penetrating exploration of the dynamics of an intense, isolated community faced with adversity. But at its core it is a powerfully moving drama of love and loss, of one woman's voyage of self-discovery and courage, and a very personal struggle for survival.

Good Morning, Holy Spirit
National Populism
A Memoir

The Chicken and the Egg
Daughter of Fortune
The Daily Show (The Book)

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

NEW YORK TIMES BESTSELLER • The “exquisitely researched and deeply engrossing” (The New York Times) true survival story of an early polar expedition that went terribly awry—with the ship frozen in ice and the crew trapped inside for the entire sunless, Antarctic winter “The energy of the narrative never flags. . . . Sancton has produced a thriller.”—The Wall Street Journal In August 1897, the young Belgian commandant Adrien de Gerlache set sail for a three-year expedition aboard the good ship Belgica with dreams of glory. His destination was the uncharted end of the earth: the icy continent of Antarctica. But de Gerlache’s plans to be first to the magnetic South Pole would swiftly go awry. After a series of costly setbacks, the commandant faced two bad options: turn back in defeat and spare his men the devastating Antarctic winter, or recklessly chase fame by sailing deeper into the freezing waters. De Gerlache sailed on, and soon the Belgica was stuck fast in the icy hold of the Bellingshausen Sea. When the sun set on the magnificent polar landscape one last time, the ship’s occupants were condemned to months of endless night. In the darkness, plagued by a mysterious illness and besieged by monotony, they descended into madness. In Madhouse at the End of the Earth, Julian Sancton unfolds an epic story of adventure and horror for the ages. As the Belgica’s men teetered on the brink, de Gerlache relied increasingly on two young officers whose friendship had blossomed in captivity: the expedition’s lone American, Dr. Frederick Cook—half genius, half con man—whose later infamy would overshadow his brilliance on the Belgica; and the ship’s first mate, soon-to-be legendary Roald Amundsen, even in his youth the storybook picture of a sailor. Together, they would plan a last-ditch, nearly certain-to-fail escape from the ice—one that would either etch their names in history or doom them to a terrible fate at the ocean’s bottom. Drawing on the diaries and journals of the Belgica’s crew and with exclusive access to the ship’s logbook, Sancton brings novelistic flair to a story of human extremes, one so remarkable that even today NASA studies it for research on isolation for future missions to Mars. Equal parts maritime thriller and gothic horror, Madhouse at the End of the Earth is an unforgettable journey into the deep. This publication covers global megatrends for the next 20 years and how they will affect the United States. This is the fifth installment in the National Intelligence Council's series aimed at providing a framework for thinking about possible futures and their implications. The report is intended to stimulate strategic thinking about the rapid and vast geopolitical changes characterizing the world today and possible global trajectories during the next 15-20 years by identifying critical trends and potential discontinuities. The authors distinguish between megatrends, those factors that will likely occur under any scenario, and game-changers, critical variables whose trajectories are far less certain. NIC 2012-001. Several innovations are included in Global Trends 2030, including: a review of the four previous Global Trends reports, input from academic and other experts around the world, coverage of disruptive technologies, and a chapter on the potential trajectories for the US role in the international system and the possible the impact on future international relations. Table of Contents: Introduction 1 Megatrends 6 Individual Empowerment 8 Poverty Reduction 8 An Expanding Global Middle Class 8 Education and the Gender Gap 10 Role of Communications Technologies 11 Improving Health 11 A MORE CONFLICTED IDEOLOGICAL LANDSCAPE 12 Diffusion of Power 15 THE RISE AND FALL OF COUNTRIES: NOT THE SAME OLD STORY 17 THE LIMITS OF HARD POWER IN THE WORLD OF 2030 18 Demographic Patterns 20 Widespread Aging 20 Shrinking Number of Youthful Countries 22 A New Age of Migration 23 The World as Urban 26 Growing Food, Water, and Energy Nexus 30 Food, Water, and Climate 30 A Brighter Energy Outlook 34 Game-Changers 38 The Crisis-Prone Global Economy 40 The Plight of the West 40 Crunch Time Too for the Emerging Powers 43 A Multipolar Global Economy: Inherently More Fragile? 46 The Governance Gap 48 Governance Starts at Home: Risks and Opportunities 48 INCREASED FOCUS ON EQUALITY AND OPENNESS 53 NEW GOVERNMENTAL FORMS 54 A New Regional Order? 55 Global Multilateral Cooperation 55 The Potential for Increased Conflict 59 INTRASTATE CONFLICT: CONTINUED DECLINE 59 Interstate Conflict: Chances Rising 61 Wider Scope of Regional Instability 70 The Middle East: At a Tipping Point 70 South Asia: Shocks on the Horizon 75 East Asia: Multiple Strategic Futures 76 Europe: Transforming Itself 78 Sub-Saharan Africa: Turning a Corner by 2030? 79 Latin America: More Prosperous but Inherently Fragile 81 The Impact of New Technologies 83 Information Technologies 83 AUTOMATION AND MANUFACTURING TECHNOLOGIES 87 Resource Technologies 90 Health Technologies 95 The Role of the United States 98 Steady US Role 98 Multiple Potential Scenarios for the United States' Global Role 101 Alternative Worlds 107 Stalled Engines 110 FUSION 116 Gini-out-of-the-Bottle 122 Nonstate World 128 Acknowledgements 134 GT2030 Blog References 137 Audience: Appropriate for anyone, from businesses to banks, government agencies to start-ups, the technology sector to the teaching sector, and more. This publication helps anticipate where the world will be: socially, politically, technologically, and culturally over the next few decades. Keywords: Global Trends 2030 Alternative Worlds, global trends 2030, Global Trends series, National Intelligence Council, global trajectories, global megatrends, geopolitical changes

Cass Henley is a hard-edged business woman with a scarred and painful past. She sees men simply as a way to take care of physical needs, and nothing more. When her company wins the bid to survey a large portion of the UK, she discovers a massive hill in southern Scotland where her knowledge tells her there should only be flat land. She is determined to explore the oddity alone, until AJ, a handsome National Geographic's writer, asks to join her team. When her bitchy attitude doesn't dissuade him, she finally agrees. Together they discover a buried castle along with scrolls that tell of the fall of a once great Kingdom. As the startling story of Kingdom Hill unfolds, Cass realizes, for the first time in her life, she is falling in love. But, when AJ reveals something that has ended every

romantic relationship he's ever had, will she be like all the rest?
Amazing Dinosaur Facts, Photos, Quiz and More
Visual/Spatial Portals to Thinking, Feeling and Movement
Power Skills
101 Things You Didn't Know About Da Vinci

Into Thin Air

No More Cold Hands, Cold Feet: Out of the Deep Freeze, The Essential Guide to Thyroid Problems Do you suffer from hypothyroidism, thyroid fatigue, a thyroid problem, cold hands and feet, thyroid nodules, hair loss, dry brittle nails hair skin, thyroid storms, thyroiditis, Graves disease, thyroid resistance and thyroid medication questions? You've just been told by your doctor (in your 2 & 1/2 minutes of allotted time) that your thyroid is fine (or levels area good) - he/she hands you a prescription with a warning that there's no reason to take more than this. You are sad because you've suffered from cold hands/feet, fatigue and depression for many years and the 14 different doctors you've seen have not helped. Or explained why. And you crawl out the door feeling beat by the system -- was that a health care visit or a computer visit? What just happened? Welcome to modern medicine -- you have a thyroid condition and you're just going to be cold, tired, and undertreated... NO YOU ARE NOT. 70% of the US population eventually become hypothyroid - many going undiagnosed. Journey now with Dr Dan Purser as he takes a patient through the diagnosis of hypothyroidism, showing you how you should be treated properly working through common vitamin deficiencies (research studies are full of these) with natural options, explains why some patients need a LOT more thyroid (resistance) and shows how his team treats thyroid so the patient is symptoms free using all the natural tools of his research world. So you are not crazy or cursed for life - it's a common disease often caused by or worsened by intracellular vitamin deficiencies, and how you too can absolutely pin down the exact hormone deficiencies with which your body had been dealt, and properly use all natural options to flip your fatigue back to incredible energy, improve your heart and brain health

in the process, and get sexier and more beautiful while you do it! The newest book from best-selling (11 #1 books on Amazon) author Dan Purser MD. Learn how most of the US population develops this common disorder - hypothyroidism -- and up to 70% actually have the disease - they have antibody problems, zinc deficiency, and lack of selenium in their diet and it's killing them, and possibly you. (And he discusses the reason why most doctors tend to undertreat thyroid problems or to possibly misunderstand them.) Learn about the meaning of thyroid resistance, cold hands and feet, thyroid function, thyroid cancer symptoms, hypothyroidism, Hashimoto's, hyperthyroidism, gland, cancer, symptoms, hypothyroidism, hormone, hormones, breast, disease, problems, iodine, treatment, healthy, thyroiditis, disorders, causes, the thyroid gland, thyroid hormone, the thyroid, thyroid gland, low thyroid, symptoms causes, thyroid cancer, underactive thyroid, graves condition, as you find out how to use various thyroid medications (including natural thyroid) for the condition, use natural vitamins after you find out what deficiencies you have, and how to diagnose or figure out if do indeed have thyroid problems disease, giving you AMAZING relief in this UNIQUE THYROID Book by the famous medical author, Dan Purser MD. Have you had problems with chronic fatigue syndrome but the amphetamines your doc gave you did not help? Have miserably cold hands, cold feet, cold nose and bummy and your doctor won't evaluate or treat you with more thyroid? Are you fatigued all the time but despise stimulants and amphetamines which doctors seem to readily prescribe? You have horrible brain fog and cannot shake it and the thyroxine doesn't help? Do you need to drink energy drinks just to stay awake? And you're only 23? Why? You get sick all the time but don't know why? During the winter of 1999, Dr. Jerri Nielsen, the only physician on a staff of forty-one people, discovered a lump in her breast. Consulting via satellite e-mail with doctors in the United States, she was forced to perform a biopsy and treat herself with chemotherapy in order to ensure that she could survive until conditions permitted her rescue. She was eventually rescued by the Air National Guard. Dr. Jerri Nielsens story of her transforming experiences is a thrilling adventure and moving drama. She has written a new chapter for this edition. Since the publication of Ice Bound in hardcover in January 2000, Dr. Nielsen has inspired people throughout the country, met hundreds of fans, received numerous awards including Irish American of the Year, which was presented to her by Hillary Clinton, as well as tremendous praise from the media.

What would it feel like to be out there alone in that empty vastness? Just before midnight on 24 November 2011, Felicity is left completely alone on the coast of Antarctica. The isolation is instant and devastating. Only three people in the world have crossed Antarctica alone. The first two were men and both Norwegian. At the age of 34, British woman Felicity Aston became the third. Unlike her predecessors, she didn't use kites or parasails to assist her. Within days, frozen into her facemask and reflecting on what had drawn her to such a place, she was battling desperate weather as she towed her heavy sledges. Every morning she wakes believing she cannot face another day as the expedition becomes a race against time to reach the coast before the last flight out. This gripping and inspirational account of personal endurance shows what you can achieve when you grit your teeth and decide just to get through today in one piece.

A triumphant tale of a young woman and her difficult childhood, The Glass Castle is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

Brain Wreck

Kingdom Hill

Global Trends 2030

The Belgica's Journey into the Dark Antarctic Night

Embracing Survival

The Grand and Terrible Polar Voyage of the USS Jeannette

"Contented patients - patients whose symptoms abate and the many who go on to achieve lasting health - are reward enough for a physician," so said a remarkable yet modest Austrian doctor who courageously championed an unorthodox treatment over half a lifetime. Who was this doctor with such grit and determination? What inspired him to develop a successful healing program with little recourse to drugs or surgery? And what was this intriguing treatment, so simple and effective, so eminently suited to the workings of our body and that stood the test of time? From being a medical scientist and inventor, the late Dr Wolfgang Lutz became a consultant in internal medicine in Ried and then in Salzburg. Turning his inventive brain to everyday medicine and concerned about the mushrooming of modern diseases that he witnessed even by the middle of the 20th century, Wolfgang Lutz explored the idea of a 'carbohydrate effect', namely the detrimental effect of an overload of sugars and starches on our health. From the late 1950s, Dr Lutz pioneered the use of low carbohydrate nutrition in the treatment of a wide range of ailments - conditions such as Crohn's disease, multiple sclerosis, diabetes, obesity, glandular disorders, gastrointestinal problems, osteoarthritis, cardiac insufficiency, high and low levels of iron and calcium in the blood, and more - with astonishing results. The diet adopted by Dr Lutz was not as drastic as some of the recent 'Paleo diets' either in the amount of carbohydrate allowed or as to the choice of food. It was simple, moderate and, except for carbohydrates, non-restrictive. Dr Lutz felt that there should be as few 'don'ts' as possible but was very strict about anything he knew would make a fundamental difference to a patient's condition. As sudden change could be stressful, he recommended that the diet was not to be rushed into but started slowly; once satisfactorily established, it was suitable for the long term. My Life without Bread offers a treasure trove of observation, information and advice borne of long clinical experience. At 90, Wolfgang Lutz looks back over his life as a clinical physician: we follow him step by step as he describes what inspired him in the first place and as he details the lessons he learned during his many years of restricting the sugar and starch intake of his patients. We learn of the benefits but also of the occasional drawbacks of this way of eating which he encountered during this time. There is a chapter on prudent implementation and in the final chapter we hear how he might answer questions often put to him by his many patients. A fascinating and important book, which challenges many current practices and debunks a few myths, My Life without Bread is an easy to read page-turner, written for the layman. An essential guide for those wishing to understand more about this controversial topic!

"In writing No More Vietnams, Richard Nixon-with the unique perspective of the man who served us America's commander-in-chief during the war's most difficult stage-has set out to dispel the myths of Vietnam, to show why we failed in Vietnam, and to contribute to the development of policies that will help avoid such failures in the future. In doing so, President Nixon analyzes the role that four presidents, the military, the Congress, the media, and the antiwar movement played in the Vietnam debacle." -- Front jacket flap

This is a new edition of Greg Louganis's 1995 #1 New York Times bestselling autobiography and Literary Guild Selection. It is the unflinchingly honest first-person account of a man breaking free of a lifetime of silence and isolation. Born to a young Samoan father and Northern European mother, and adopted at nine months, Greg began diving at age nine, and at sixteen won a silver medal at the 1976 Montreal Olympics. But despite his astonishing athletic skill, Greg struggled with late-detected dyslexia, prejudice toward his dark skin coloring and anguish over his homosexuality, which he felt compelled to hide. Being in the spotlight intensified his difficulties with relationships and substance abuse. However, Louganis went on to win double gold medals at the 1984 and 1988 Olympics. His triumph at the 1988 Olympics came several months after he tested positive for HIV. This is the haunting, searingly candid story of the world's greatest diver. This new edition includes a new foreword.

A Best Book of the Year USA Today * Time Magazine * Washington Post * Miami Herald * Richmond Times Dispatch * Christian Science Monitor * Daily Beast * Minneapolis Star Tribune On July 8, 1879, Captain George Washington De Long and his team of thirty-two men set sail from San Francisco on the USS Jeanette. Heading deep into uncharted Arctic waters, they carried the aspirations of a young country burning to be the first nation to reach the North Pole. Two years into the harrowing voyage, the Jeannette's hull was breached by an impassable stretch of pack ice, forcing the crew to abandon ship amid torrents of rushing water. Hours later, the ship had sunk below the surface, marooning the men a thousand miles north of Siberia, where they faced a terrifying march with minimal supplies across the endless ice pack. Enduring everything from snow blindness and polar bears to ferocious storms and labyrinths of ice, the crew battled madness and starvation as they struggled desperately to survive. With thrilling twists and turns, In The Kingdom of Ice is a spellbinding tale of heroism and determination in the most brutal place on Earth.

101 Amazing Cat Facts: Cat Books for Kids!

The Ultimate Dinosaur Book for Kids

One Woman's Incredible Battle for Survival at the South Pole

Women in High Gear

Out of the Deep Freeze: the Essential Guide to Thyroid Health

A Masterclass for Women in Body Language and Communication

Thanks to the international bestseller The Da Vinci Code, people are more fascinated with Leonardo Da Vinci than ever. This multitalented man--arguably the greatest genius of all time--was not only a magnificent artist, scientist, and inventor, but also a politically minded radical who defied convention and participated in secret societies. This engaging, entertaining book reveals all the secrets about this wildly gifted man, from his prescient inventions and his lost art to his animal rights activism and his sexual preferences--not to mention his enemies and allies in the dark, turbulent world of his time. Readers learn everything they didn't know about the quintessential Renaissance Man the easy way, thanks to the engaging style of 101 Things You Didn't Know about Da Vinci.

At 8,000 miles away from home, a business professional delivers a polished presentation to a group of executives. And within two hours, she forgets how to walk. Talking becomes too strenuous. She is struck by an odd series of neurological deficits that baffle her and a dozen doctors ... for 27 months. Brain Wreck is a must read for anyone who has witnessed the frustration of a mysterious illness. This is a story of determination and an unrelenting journey to save one's mind. With humor and unabashed honesty, the author restores a shattered spirit while striving to be "normal."

Zoo of Emotions is a read-aloud illustrated children's book that teaches simple and complex emotions using the alphabet, rhythmic prose and colorful illustrations. By combining kid-friendly artwork, roll-off-the-tongue rhymes, and a fun exploration of the alphabet, Zoo of Emotions is set to become a favorite bedtime classic.

Ice BoundA Doctor's Incredible Battle for Survival at the South PoleMiramax Books

A Novel

Desolation Island (Aubrey-Maturin, Book 5)

Mouth Full of Lies

Shipwrecked at the Edge of the World

The Glass Castle

Parallel Visions of the Arctic and Antarctic

Of course you've heard of The Chicken and The Egg, but never before have you heard the story told like this! The Chicken and The Egg were standing in line... Much to everyone's surprise, Chicken and Egg plead not their own, but each other's case in this humorous spin on a classical dilemma. Who can decide? You are invited along on this journey not with a map, but with a lighthearted challenge to think critically and find your own way. It all comes down to one epic face off in...The Chicken and The Egg.

A crucial new guide to one of the most important and most dangerous phenomena of our time: the rise of populism in the West Across the West, there is a rising tide of people who feel excluded, alienated from mainstream politics, and increasingly hostile towards minorities, immigrants and neo-liberal economics. Many of these voters are turning to national populist movements, which pose the most serious threat to the Western liberal democratic system, and its values, since the Second World War. From the United States to France, Austria to the UK, the national populist challenge to mainstream politics is all around us. But what is behind this exclusionary turn? Who supports these movements and why? What does their rise tell us about the health of liberal democratic politics in the West? And what, if anything, should we do to respond to these challenges? Written by two of the foremost experts on fascism and the rise of the populist right, National Populism is a lucid and deeply-researched guide to the radical transformations of today's political landscape, revealing why liberal democracies across the West are being challenged-and what those who support them can do to help stem the tide.

Brain injury plunged Lia into a world of distortion and chaos, where her own thoughts and senses could no longer be trusted. Searching for medical help, she found doubt and manipulation instead. But I'm Not Depressed is a bleak but ultimately hopeful tale, and a slap in the face to the culture of psychobabble.

The Ultimate Dinosaur Book for Kids Welcome to the exciting world of dinosaurs! In this colourful dinosaur book, best-selling non-fiction author Jenny Kellett, has compiled only the very best dinosaur facts illustrated with detailed color images of some of the biggest and most fascinating creatures to roam our planet. From Tyrannosaurus-Rex and Avaceratops to Camarasaurus and the Gastonia dinosaur, discover more about your favourite dinosaurs. Test your dinosaur knowledge, or challenge your friends, in the ultimate dinosaur quiz. Dinosaur Book SampleLearn these unbelievable dinosaur facts and more: Most dinosaurs were herbivores, meaning they only ate plants. The T-Rex is known for it's small arms, but proportionately, the Canotaurus had smaller arms! The Anchiornis was one of the smallest dinosaurs, which was not much larger than a pigeon. You'll find these dinosaur facts and many more in this illustrated dinosaur book. With 20+ details dinosaur pictures, even early readers will enjoy The Ultimate Dinosaur Book for Kids- as well as adults! Perfect for teaching children to read, while letting them learn about the fascinating world of dinosaurs -The Ultimate Dinosaur Book for Kids is ideal for long car journeys and bedtime reading. Scroll up and click Buy Now and help your child become a dinosaur fact expert in no time!

No More Cold Hands, Cold Feet

The Aztec Treasure House

Advancing Competencies and Emotional Development in Children with Learning and Autism Spectrum Disorders

Poles Apart

Allants Found

Alone in Antarctica

Have you ever wondered: What it's like to daily bet hundreds of thousands of dollars working for some of the largest professional gamblers in Las Vegas? ... How to spend a summer house sitting one of the biggest stars in the world's 11,000 square-foot mansion - without an invitation from it's celebrity owner ... Whether the life of crime - specifically, running a shoplifting ring in a middle American mall - pays? ... What causes a son to finally say enough is enough ... and decide "Today is the day I am going to kill my dad." Comedian Brandt Tobler has the answers in this funny, touching and sometimes downright unbelievable memoir of a small town Wyoming-kid turned "mall-fia" don, turned nationally touring comic. Brandt tells his life story with candor, detailing the many pit stops, wrong turns, crazy connections and lucky breaks he experienced along the way to his comedy career, all while trying to balance a toxic relationship with his unreliable jailbird dad. In these pages Brandt will make you laugh (he better - it's his job!) and believe as he does that, when it comes to defining family, blood isn't always thicker than water. -- back cover.

Embracing Survival, a memoir by Dydine Umunyana, tells the story of the Rwandan Genocide against the Tutsis at the hands of the Hutu perpetrators in Rwanda (1994) through the eyes of the four-year-old-child that she was when the horrific massacre occurred. Separated from her family, she barely survived the conflict. While the physical killing finally stopped, the mental and emotional 'killing' continued, affecting her and her family. She writes that "I have learned that we cannot do for others what we cannot do for ourselves. By nourishing the light within ourselves, we find strength we never knew was there....I came to realize that one's own life experiences are not theirs to keep but ours to teach."

Cat Books It's hard not to love cats, in fact over 35% of American households have at least one cat! But how much do you and your kids know about your kittens or cats? They're not just cute and furry, they really are very fascinating. Whether you own a Burmese, Persian, Chinchilla or just a friendly moggie cat, you'll be amazed at what cat facts you can learn about your gorgeous feline friend. As a self-confessed crazy cat lady, Jenny Kellett had a great time putting together Cats: 101 Amazing Facts about Cats, which includes a wide range of adorable cat facts that your kids (and you!) will love. She was inspired by her own two beautiful cats - one of which is just a few months old so he is very playful! Cat Facts With over 25 cute, color images of kittens and cats to illustrate the cat facts, this is the perfect cat book for mini cat lovers and adults alike! Aimed at children with a reading level aged 7+, this children's book is also ideal for younger children when the reading is shared with a parent. Looking for cat books for adults? It's not just for kids! Adult cat lovers will enjoy it too. This print edition of Jenny Kellett's latest cat book includes a fun cat crossword puzzle! Love cats facts? Looking for the best cat books? You'll love this fun and beautiful cat book! Scroll up and click 'Buy Now' to learn more about your furry friend today.

By the #1 New York Times bestselling author of Killers of the Flower Moon, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, The White Darkness is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

The Joy and Mystery of a God-Directed Life a Memoir

Breaking the Surface

Madhouse at the End of the Earth

The Revolt Against Liberal Democracy

Dangerous Intentions

Icebound

[The author's] portraits of visionaries and eccentrics are, in the words of the critic Grover Sales, "celebrations of man's insatiable drive to probe unknown frontiers [that] read like superb novels." His subjects are people of passion and purpose, events of legend and desire. He offers stories of the Anasazi Indians, the "old ones" of the southwestern desert; of the grand explorers Marco Polo, Columbus, El Dorado, Magellan, Ibn Batuta; and of heretics, fanatics, scientists, cranks and geniuses. There are tales of fabulous advances made in anthropology, archaeology, astronomy and linguistics. In all, twenty essays appear in [this book].-http://www.counterpointpress.com

On Desolation Island, with the known world out of reach, uneasy alliances are sometimes forged...

The arctic night is endless. The fear is numbing. Screams freeze in the throat. Death arrives in shades of white. And cold-blooded murder seems right at home. Conducting a strange and urgent experiment on the Arctic icefield, a team of scientists has planted sixty powerful explosive charges that will detonate at midnight. Before they can withdraw to the safety of their base camp, a shattering tidal wave breaks loose the ice on which they are working. Now they are hopelessly marooned on an iceberg during a violent winter storm. The bombs beneath them are buried irretrievably deep . . . and ticking. And they discover that one of them is an assassin with a mission of his own.

Around the world ancient artefacts are suddenly appearing, hinting at a catastrophe that will soon visit Earth... Dirk Pitt is on hand at a Colorado archaeological site where an ancient and mysterious artefact has been found - one that is perhaps linked to other strange objects turning up across the globe.

A Doctor's Incredible Battle for Survival at the South Pole

My Life Without Bread

In the Kingdom of Ice

No More Vietnams

Building Your Hollow Wood Surfboard

Cats

Clinical psychologist Serena Wieder Ph.D. redefines the building blocks of development and the challenges that derail a child's functioning and learning. For Wieder, vision and space -- what is seen by the eyes, transformed by the mind and experienced as movement, plays a crucial but heretofore underestimated crucial role in the development of a child's thoughts and feelings. Co-author Harry Wachs, O.D., a pioneer of developmental vision therapy, offers therapy focused on visual/spatial aspects of development supporting cognition. Based on decades of experience, Wieder and Wachs guide therapists and parents in interventions for use at home, school and therapy offices involving affect based Floortime approaches and other problem-solving experiences, addressing unrecognized challenges that often derail life competencies, learning and development. A new step-by-step Manual presents tools to develop visual/spatial learning. This groundbreaking book changes the way parents and therapists understand child development and work to promote each child's potential in meaningful ways.

In Poles Apart, Galen Rowell takes us on an exhilarating visual journey to the top and the bottom of the world, using the parallel visions of his camera to reveal the fascinating differences between these polar opposites.

Dr Lutz at 90

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

But I'm Not Depressed

Free Roll

Ice Bound