

Busy B Slim Address Book

"In this insightful and deeply personal work, Kathleen Norris, an award-winning poet and author of both Dakota: A Spiritual Geography and The Cloister Walk, draws on her life experiences, her poetry and her love of the Benedictine tradition to discuss the mysterious way that the daily or "quotidian" can open us to the transforming presence of God." "This volume is the text of the 1998 Madeleva Lecture in Spirituality, sponsored by the Center for Spirituality at Saint Mary's College, Notre Dame, Indiana."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

*A Michael L. Printz Honor Book * An ALA Best Book for Young Adults * A YALSA Teens' Top Ten Book * An NYPL Book for the Teen Age Carolyn Mackler's Printz Honor book--starring the unforgettably funny, body-conscious Virginia Shreves--returns in this 15th anniversary edition featuring text updates and never-before-seen material from the author. Fifteen-year-old Virginia feels like a plus-sized black sheep in her family, especially next to her perfect big brother Byron. Not to mention her best friend has moved, leaving Virginia to navigate an awkward relationship with a boy alone. He might like her now . . . but she has her doubts about how he'll react if he ever looks under all her layers of clothes. In order to survive, Virginia decides to follow a "Fat Girl Code of Conduct," which works, until the unthinkable causes her family's façade to crumble. As her world spins out of orbit, she realizes that being true to herself might be the only way back. Told in a perfect blend of humor and heart, this acclaimed Printz Honor winner resonates as much today as it did when it first published, and now features a new author foreword, text updates, and other bonus content.*

"This isn't another gimmicky diet—it's a powerful eating strategy that will take you extra pounds off quickly, safely, and permanently." —Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, #1 New York Times bestselling author of Eat Fat Get Thin "The best gift you can give yourself is a slim, beautiful, healthy belly—and in this book, Dr. Kellyann, an expert I trust, tells you exactly how to get it." —Mehmet Oz, M.D. The New York Times bestselling author of Dr. Kellyann's Bone Broth Diet reveals her powerful belly-slimming plan that will help you lose up to 10 pounds in 10 days! Are you sick and tired of your belly fat? Frustrated with diets that don't take it off? Angry that you don't look the way you want to look, and can't wear the clothes you want to wear? Naturopathic physician and weight loss specialist Dr. Kellyann Petrucci has spent over 20 years showing people how to do the impossible: take off stubborn belly fat. After guiding thousands of amazing transformations over her career, Dr. Petrucci has targeted the most powerful ways to flatten your belly—deprivation not included! In The 10-Day Belly Slimdown, you will learn the #1 biggest secret to rapid belly-blasting: "mini-fasting." This simple but revolutionary shift in the timing of your meals means you'll eat within a seven-hour window each day. While you're mini-fasting, you'll never feel hungry—luscious, satisfying bone broth will quench cravings and melt off pounds, collagen-packed shakes will kick your metabolism into overdrive, and "slim-gestion" foods, herbs, and spices will fight bloat, lower inflammation, and cleanse your gut. In combination, these strategies deliver incredible results quickly and safely. The 10-Day Belly Slimdown includes daily meal plans, batch cooking tips to make meal prep a snap, 80 delicious new recipes, and a sensible maintenance plan. As you heal your belly from the inside out, you'll feel younger, happier, and lighter than you thought possible.

? FIND AN ADDRESS IN AN INSTANT - Amazing address book with A-Z tabs to go straight to the details you need. No more looking through bits of paper, store all your contacts in one of these address books. ? ALL DETAILS - Each contact entry contains space for a Name, home address, 3 Phone numbers, Social Media, Email and Birthday. ? MORE ENTRY SPACES THAN EVER! - This address book has enough space to record more than 300 Addresses. With a maximum of 12 spaces per letter; So there's space for all your contacts. FEATURES: A to Z Tabs. Premium Floral Matte Cover. Size 8" x 10". With all your contacts in one place you will never have to go on mad searches for an address, phone number or even a birthday. Gift this to yourself or to any one you love ??

Paris By Phone

The Earth, My Butt, and Other Big Round Things

Farm Journal

Spice Up, Slim Down

How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life

Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You

The magic of independence meets the meaning of home in the picture book debut of the #1 bestselling author of Bringing Up Béb . When Josephine Harris decides that Paris is where she really belongs, all it takes is a quick call on her magical phone to whisk her away. The city of lights has fancy caf s, baguettes under every arm, the Eiffel Tower, and a fabulous new family who can't wait to show her around. The city is a feast for the senses, but each new discovery brings a pang of melancholy. There's something missing here. Could it be the person who loves Josephine's best--her own mother? From #1 bestselling author Pamela Druckerman comes a whimsically commercial picture that little travellers and little homebodies will love!

This book takes the confusion and uncertainty out of writing a non-fiction book. It's a step-by-step guide to clarifying the message, organizing the material and writing in ways that work for the reader's goals and lifestyle. Writer's coach Cynthia Morris gives you a map to help you design and enjoy your own writing practice.

Seventy-five totally original and outrageous spins on nachos--and just the excuse we've all been waiting for to eat nachos for dinner!

Extra Large Address BookBig Size of Address Book (Seniors Easy to Use)Createspace Independent Publishing Platform

Everygirl's Magazine ...

Dare Me

You Can Drop It!

Your Life, Liberty, and Happiness After the Digital Explosion

IMPULSE, URGES AND FANTASIES

Skinny Bastard

A Success Best Book of 2015 Business psychologist Tony Crabbe outlines a unique three-step approach to combating one of the modern life's great problems: being too busy. BUSY is divided into four digestible sections-Mastery, Differentiation, and Engagement-that will teach readers how to switch from managing time to managing attention, how to transition toward a career strategy that doesn't hinge on productivity, how to think differently about success by re-engaging with what matters, and how to create the impetus, energy, and clarity to put all these changes into effect. Crabbe draws on entertaining psychological studies to show why we're getting it wrong at the moment and to develop a fresh new approach to taking back one's life from chaotic outside forces. Rarely has a book been more timely in both its scope and in its immediate impact.

Because the Taliban rulers of Kabul, Afghanistan impose strict limitations on women's freedom and behavior, eleven-year-old Parvana must disguise herself as a boy so that her family can survive after her father's arrest.

This is NOT a DIET BOOK - this book provides an overview of the rich and fascinating history of spices along with the latest research surrounding their extraordinary potential head to toe health benefits. Plus, the book explains the naturally slimming power of spices and offers simple tips to incorporate more spices into your diet along with over 80 delicious, spice-filled recipes created by professional chefs, celebrity MDs, trainers, dietitians, actors, athletes and more. From the back cover: Chances are, your cupboard is filled with spices that can help lower blood pressure and cholesterol, reduce your risk of diabetes and dementia, boost your metabolism, support weight loss, relieve arthritis, and even prevent cancer! But do you know what they are or how to use them? Celebrity diet doctor Melina Jampolis is passionate about using food as medicine, so she created this practical guide to help you navigate the health benefits of some of the most common spices used. Since Dr. Melina is not a chef, nor a very good cook, she enlisted the helpvof dozens of her high-profile friends, well-known MDs, celebrity colleagues, and chefs to give you over 80 spice-filled, delicious, and healthful recipes. Recipe contributors include: - Cat Cora, celebrity chef, cookbook author, and restaurateur - Dr. Sanjay Gupta, CNN's chief medical correspondent - Natalie Morales, co-host of Access Hollywood Live and West coast anchor of Today - Dr. Travis Stork, host of the Emmy award winning TV show The Doctors - Lisa Lillien, aka Hungry Girl, multi #1 NYT bestselling author - Vivica A. Fox, award winning actress and producer - Johnny Iuzzini, celebrity pastry chef, cookbook author, and chocolate-maker - Harley Pasternak, celebrity trainer and best-selling author - Chuck Wagner, owner and winemaker at Caymus Vineyards - Michael Gelman, executive producer of Live with Kelly & Ryan - Mireille Giuliano, author of French Women Don't Get Fat - Dr. Barry Sears, best-selling author of The Zone Diet - Dean Karnazes, ultra-marathon runner and best-selling author - Ashley Koff RD, celebrity dietician and better health enabler - Tracey Mallett, creator of the popular Booty Barre workout - Kristin McGee, celebrity yoga and Pilates instructor - Jennifer Cohen, celebrity trainer and best-selling author - And many, many more! 100% of the profits from the sale of this book will go to Action Against Hunger, an organization dedicated to fighting childhood malnutrition around the world.

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Nachos for Dinner

Life Is A Bag Of Mixed Emotions

Japanese Screen

Address Book

Out of My Mind

Then She Was Gone

In this beautifully written and propulsive memoir, Huma Abedin—Hillary Clinton’s famously private top aide and longtime adviser—emerges from the wings of American political history to take command of her own story. The daughter of Indian and Pakistani intellectuals and advocates who split their time between Saudi Arabia, the UK, and the United States, Abedin grew up in many worlds. Both/And grapples with family, legacy, identity, faith, marriage, and motherhood with wisdom and sophistication. Abedin launched full steam into a college internship in the office of the first lady in 1996, never imagining that her work at the White House would blossom into a career in public service, nor that the career would become an all-consuming way of life. Still in her twenties and thirties, she thrived in rooms with diplomats and sovereigns, entrepreneurs and artists, philanthropists and activists, and witnessed many crucial moments in 21st-century American history—Camp David for urgent efforts at Middle East peace in the waning months of the Clinton administration, Ground Zero in the days after the 9/11 attacks, the inauguration of the first African American president of the United States, the convention floor when America nominated its first female presidential candidate. Abedin’s relationship with Clinton has seen both women through extraordinary personal and professional highs, as well as unimaginable lows. Here, for the first time, is a deeply personal account of Hillary Clinton as mentor, confidante, and role model. Abedin cuts through caricature, rumor, and misinformation to reveal a crystal-clear portrait of Clinton as a brilliant and caring leader a steadfast friend, generous, funny, hardworking, and dedicated. Both/And is a candid and heartbreaking chronicle of Abedin’s marriage to Anthony Weiner, what drew her to him, how much she wanted to believe in him, the devastation wrought by his betrayals—and their shared love for their son. It is also a timeless story of a young woman with aspirations and ideals coming into her own in high-pressure jobs, and a testament to the potential for women in leadership to blaze a path forward while supporting those who follow in their footsteps. Both/And describes Abedin’s journey through the opportunities and obstacles, the trials and triumphs, of a full and complex life. Abedin’s compassion and courage, her resilience and grace, her work ethic and mission are an inspiration to people of all ages. “This journey has led me through exhilarating milestones and devastating setbacks,” said Abedin. “I have walked both with great pride and in overwhelming shame. It is a life I am—more than anything—enormously grateful for and a story I look forward to sharing.”

Most Registered Dietitian Nutritionists Couldn’t Claim This— “I Lost 100 Pounds and Now I’m Sharing How I Did It with You!” MORE THAN 240,000 CLIENTS CAN’T BE WRONG! My name is Ilana Muhlstein and I wrote You Can Drop It! to help you learn my personal and proven system to drop weight and keep it off—without sacrifice—and it’s so simple that you’ll love it! This unique approach has become famous thanks to my renowned 2B Mindset program. The 2B Mindset is designed with the built-in ability for customization so that it is optimally effective and can work for everyone. It has already helped thousands of people lose weight—some more than 100 pounds—while never asking them to go hungry or cut out the foods that they love. You Can Drop It! doesn’t just give you the key knowledge you need to lose weight. It adds motivational principles and real-life examples and it’s the perfect complement to my successful program. No counting calories! No portion control! No feeling hungry! No off-limits foods! No exercise required! Finally—weight loss with FREEDOM! Here’s Exactly Why YOU CAN DROP IT! Will Work: You’re going to feel full and satisfied. (You can still eat comforting foods, in big portions, and enjoy 50+ delicious recipes inside.) You’ll eat the foods you love. (Nothing is off-limits, not even dessert or a glass of wine.) You’ll be in control. (Say goodbye to emotional and mindless eating.) You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.) The 2B Mindset method changed my life. I struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That’s when I realized I had to break the cycle. Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children. My secret? It’s called the 2B Mindset. It has helped thousands of my clients lose weight too—and now it will help you.

Every day, billions of photographs, news stories, songs, X-rays, TV shows, phone calls, and emails are being scattered around the world as sequences of zeroes and ones: bits. We can’t escape this explosion of digital information and few of us want to-the benefits are too seductive. The technology has enabled unprecedented innovation, collaboration, entertainment, and democratic participation. But the same engineering marvels are shattering centuries-old assumptions about privacy, identity, free expression, and personal control as more and more details of our lives are captured as digital data. Can you control who sees all that personal information about you? Can email be truly confidential, when nothing seems to be private? Shouldn't the Internet be censored the way radio and TV are? is it really a federal crime to download music? When you use Google or Yahoo! to search for something, how do they decide which sites to show you? Do you still have free speech in the digital world? Do you have a voice in shaping government or corporate policies about any of this? Blown to Bits offers provocative answers to these questions and tells intriguing real-life stories. This book is a wake-up call To The human consequences of the digital explosion.

LARGE PRINT ADDRESS BOOK MAKING THE ADDRESS EASY TO ORGANIZE ETRA LARGE SIZE ESPECIALLY FOR SENIOR! This Large Address book is the best solution for seniors to organize the address information easier. Fill-in-the-blank details with Name, Address, Home, Mobile, Work, Fax, Email, Emergency contacts. For space to fill in total 360 name address contacts. 3 addresses in large-size per page. PERFECT SPECIFICATIONS - Type: Big Address Book for Seniors - Cover: Matte Paperback - Dimensions: 8" x 10"" - Pages: 120 pages LET'S ORGANIZE THE ADDRESS INFORMATION

Middlesex

RHS Birthday Book

The Simple Science of Building the Ultimate Male Body

Comfort

ROAR

Way To Will Power, The

#1 NEW YORK TIMES BESTSELLER From the New York Times bestselling author of *Invisible Girl* and *The Truth About Melody Browne* comes a “riveting” (PopSugar) and “acutely observed family drama” (People) that delves into the lingering aftermath of a young girl’s disappearance. Ellie Mack was the perfect daughter. She was fifteen, the youngest of three. Beloved by her parents, friends, and teachers, and half of a teenaged golden couple. Ellie was days away from an idyllic post-exams summer vacation, with her whole life ahead of her. And then she was gone. Now, her mother Laurel Mack is trying to put her life back together. It’s been ten years since her daughter disappeared, seven years since her marriage ended, and only months since the last clue in Ellie’s case was unearthed. So when she meets an unexpectedly charming man in a caf , no one is more surprised than Laurel at how quickly their flirtation develops into something deeper. Before she knows it, she’s meeting Floyd’s daughters—and his youngest, Poppy, takes Laurel’s breath away. Because looking at Poppy is like looking at Ellie. And now, the unanswered questions she’s tried so hard to put to rest begin to haunt Laurel anew. Where did Ellie go? Did she really run away from home, as the police have long suspected, or was there a more sinister reason for her disappearance? Who is Floyd, really? And why does his daughter remind Laurel so viscerally of her own missing girl?

Edo-period screen w/trees & flowering plants, 18th century. Gold foil.

An electrifying biography of one of the most extraordinary scientists of the twentieth century and the world he made. The smartphones in our pockets and computers like brains. The vagaries of game theory and evolutionary biology. Nuclear weapons and self-replicating spacecrafts. All bear the fingerprints of one remarkable, yet largely overlooked, man: John von Neumann. Born in Budapest at the turn of the century, von Neumann is one of the most influential scientists to have ever lived. A child prodigy, he mastered calculus by the age of eight, and in high school made lasting contributions to mathematics. In Germany, where he helped lay the foundations of quantum mechanics, and later at Princeton, von Neumann’s colleagues believed he had the fastest brain on the planet—bar none. He was instrumental in the Manhattan Project and the design of the atom bomb; he helped formulate the bedrock of Cold War geopolitics and modern economic theory; he created the first ever programmable digital computer; he prophesized the potential of nanotechnology; and, from his deathbed, he expounded on the limits of brains and computers—and how they might be overcome. Taking us on an astonishing journey, Ananyo Bhattacharya explores how a combination of genius and unique historical circumstance allowed a single man to sweep through a stunningly diverse array of fields, sparking revolutions wherever he went. The Man from the Future is an insightful and thrilling intellectual biography of the visionary thinker who shaped our century.

This is the book that has rocked the internet & the Hip Hop world with Ronald "BEE-Stinger" Savage biggest kept secret. This true secret has changed Hip Hop forever. Hip Hop Culture History Has Been Rewritten by Ronald Savage (Book is part of the ULULY brand)

Large Print Address Book with Tabs, More Than 300 Entry Spaces! Pretty Floral Design

Bigger Leaner Stronger
Matching Texts to Readers for Effective Teaching
The Social Lives of Networked Teens
The 10-Day Belly Slimdown
The Boy in the Striped Pajamas

The Newbery Medal and Coretta Scott King Award-winning classic about a boy who decides to hit the road to find his father—from Christopher Paul Curtis, author of The Watsons Go To Birmingham—1963, a Newbery and Coretta Scott King Honoree. It’s 1936, in Flint Michigan. Times may be hard, and ten-year-old Bud may be a motherless boy on the run, but Bud’s his own suitcase full of special things. 2. He’s the author of Bud Caldwell’s Rules and Things for Having a Funner Life and Making a Better Liar Out of Yourself. 3. His momma never told him who his father was, but she left a clue: flyers advertising Herman E. Calloway and his famous band, the Dusky Devastators of the Depression!!!!!! Bud’s got an idea that those flyers decides to hit the road to find this mystery man, nothing can stop him—not hunger, not fear, not vampires, not even Herman E. Calloway himself. AN ALA BEST BOOK FOR YOUNG ADULTS AN ALA NOTABLE CHILDREN’S BOOK AN IRA CHILDREN’S BOOK AWARD WINNER NAMED TO 14 STATE AWARD LISTS “The book is a gem, of value to all ages, not just the young people it aimed.” —The Christian Science Monitor “Will keep readers engrossed from first page to last.” —Publishers Weekly, Starred “Curtis writes with a razor-sharp intelligence that grabs the reader by the heart and never lets go. . . . This highly recommended title [is] at the top of the list of books to be read again and again.” —Voice of Youth Advocates, Starred From the

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.

Since Dr. Brizendine wrote The Female Brain ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can’t remember at all? Why do women tend to form deeper connections with their male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a postdoctoral resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women’s brain function. In The Female Brain, she shares her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

Discusses the use of leveled texts in kindergarten through eighth-grade classrooms, examines the “text base” needed for effective language literacy instruction, provides guidelines for creating a high-quality leveled book collection and matching books to readers, and explains how to analyze and level books.

Surprising Sheet Pan Meals the Whole Family Will Love

Balance Your Body Chemistry to Burn Fat Fast!

Blown to Bits

Laundry, Liturgy, and “women’s Work”

The City of Ember

Both/And

Surveys the online social habits of American teens and analyzes the role technology and social media plays in their lives, examining common misconceptions about such topics as identity, privacy, danger, and bullying.

Birthdays and anniversaries are never easy to remember. The RHS Birthday Book is the place to keep all your important dates together so that you will never have to worry about forgetting them again. This brand new edition of the best-selling RHS Birthday Book features all new illustrations.

For every Skinny Bitch, there’s a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What’s good for the bitch is best for the bastard. Hundreds of thousands of women have been inspired to “use their head” and get real about the food they eat after reading the best-selling manifesto Skinny Bitch. But it turns out some men have been reading over their girlfriends’ shoulders. Professional athletes such as Milwaukee Brewers’ Prince Fielder and the Dallas Mavericks’ Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it’s time for the guys to have a book of their own. In Skinny Bastard, they’ll explain why the macho “meat and potatoes” diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn’t be a “girlie” thing-and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

The struggle of three brothers to stay together after their parent’s death and their quest for identity among the conflicting values of their adolescent society.

The Outsiders

Trivia

The Female Brain

The Thin Book of Trust

A Memoir

An Essential Primer for Building Trust at Work

Two young boys encounter the best and worst of humanity during the Holocaust in this powerful read that USA Today called "as memorable an introduction to the subject as The Diary of Anne Frank." Berlin, 1942: When Bruno returns home from school one day, he discovers that his belongings are being packed in crates. His father has received a promotion and the family must move to a new house far, far away, where there is no one to play with and nothing to do. A tall fence stretches as far as the eye can see and cuts him off from the strange people in the distance. But Bruno longs to be an explorer and decides that there must be more to this desolate new place than meets the eye. While exploring his new environment, he meets another boy whose life and circumstances are very different from his own, and their meeting results in a friendship that has devastating consequences.

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

Spanning eight decades and chronicling the wild ride of a Greek-American family through the vicissitudes of the twentieth century, Jeffrey Eugenides' witty, exuberant novel on one level tells a traditional story about three generations of a fantastic, absurd, lovable immigrant family -- blessed and cursed with generous doses of tragedy and high comedy. But there's a provocative twist. Cal, the narrator -- also Callie -- is a hermaphrodite. And the explanation for this takes us spooling back in time, through a breathtaking review of the twentieth century, to 1922, when the Turks sacked Smyrna and Callie's grandparents fled for their lives. Back to a tiny village in Asia Minor where two lovers, and one rare genetic mutation, set our narrator's life in motion. Middlesex is a grand, utterly original fable of crossed bloodlines, the intricacies of gender, and the deep, untidy promptings of desire. It's a brilliant exploration of divided people, divided families, divided cities and nations -- the connected halves that make up ourselves and our world.

From the award-winning author of The Turnout and Give Me Your Hand: the searing novel of friendship and betrayal that inspired the USA Network series, praised by Gillian Flynn as "Lord of the Flies set in a high-school cheerleading squad. . .Tense, dark, and beautifully written." Addy Hanlon has always been Beth Cassidy's best friend and trusted lieutenant. Beth calls the shots and Addy carries them out, a long-established order of things that has brought them to the pinnacle of their high-school careers. Now they're seniors who rule the intensely competitive cheer squad, feared and followed by the other girls -- until the young new coach arrives. Cool and commanding, an emissary from the adult world just beyond their reach, Coach Colette French draws Addy and the other cheerleaders into her life. Only Beth, unsettled by the new regime, remains outside Coach's golden circle, waging a subtle but vicious campaign to regain her position as "top girl" -- both with the team and with Addy herself. Then a suicide focuses a police investigation on Coach and her squad. After the first wave of shock and grief, Addy tries to uncover the truth behind the death -- and learns that the boundary between loyalty and love can be dangerous terrain. The raw passions of girlhood are brought to life in this taut, unflinching exploration of friendship, ambition, and power. Award-winning novelist Megan Abbott, writing with what Tom Perrotta has hailed as "total authority and an almost desperate intensity," provides a harrowing glimpse into the dark heart of the all-American girl.

Extra Large Address Book

Busy

The Quotidian Mysteries

Leveled Books (K-8)

How to Thrive in a World of Too Much

Big Size of Address Book (Seniors Easy to Use)

This research-driven program shows readers that losing weight quickly and permanently is a matter of correcting their body chemistry and success is just a few 60-second steps away. Many studies have examined the acid-alkaline relationship between the foods we eat and how our bodies store fat, but Dr. Schoffro Cook offers the first plan to alkalize the body with simple, surprising, and flexible 60-second weight loss tricks. First, readers learn how to "kick the acid" by eating delicious meals made with whole foods that are balanced to help readers flush fat and revitalize their entire bodies. To keep the pounds peeling off, each week readers add a few new habits to their regimens. Every tip brings readers closer to balancing their pH and boosting their metabolism, so they can pick and choose the tips that fit best into their busy lifestyles for flattering results that will last. The plan features 50 mouth-watering, alkalizing recipes such as Coconut Waffles, Grilled Chicken with Citrus Salsa, and succulent Strawberry-Rhubarb Crisp. Also included is a 7-day meal plan that shows readers how to incorporate these dishes into a day of hearty, delicious, body-balancing meals.

If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes 8-12 weeks. This book reveals secrets like... The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. You'll be shocked at how easy it really is to get big once you know what you're doing... How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

A modern-day classic. This highly acclaimed adventure series about two friends desperate to save their doomed city has captivated kids and teachers alike for almost fifteen years and has sold over 3.5 MILLION copies! The city of Ember was built as a last refuge for the human race. Two hundred years later, the great lamps that light the city are beginning to flicker. When Lina finds part of an ancient message, she’s sure it holds a secret that will save the city. She and her friend Doon must race to figure out the clues before the lights go out on Ember forever! Nominated to 28 State Award Lists! An American Library Association Notable Children’s Book A New York Public Library 100 Titles for Reading and Sharing Selection A Kirkus Reviews Editors’ Choice A Child Magazine Best Children’s Book A Mark Twain Award Winner A William Allen White Children’s Book Award Winner “A realistic post-apocalyptic world. DuPrau’s book leaves Doon and Lina on the verge of undiscovered country and readers wanting more.” —USA Today “An electric debut.”

—Publishers Weekly, Starred “While Ember is colorless and dark, the book itself is rich with description.” —VOYA, Starred “A harrowing journey into the unknown, and cryptic messages for readers to decipher.” —Kirkus Reviews, Starred

The Man from the Future: The Visionary Ideas of John von Neumann

A Novel

The Key to Happiness and Success in Over a Million and a Quarter Homes

The Busy Woman's Guide to Writing a World-Changing Book

The Breadwinner

60 Seconds to Slim