

Eating Smoke One Mans Descent Into Crystal Meth Psychosis In Hong Kongs Triad Heartland

Chris Thrall left the Royal Marine Commandos to find fortune in Hong Kong, but following a bizarre series of jobs ended up homeless and in psychosis from crystal meth addiction. He began working for the 14K, a viscous Hong Kong crime syndicate, as a nightclub doorman in the Wan Chai red-light district, where he uncovered a vast global conspiracy and the 'Foreign Triad' - a secretive expat clique in cahoots with the Chinese gangs. Alone and confused in the neon glare of Hong Kong's seedy backstreets, Chris was forced to survive in the world's most unforgiving city, hooked on the world's most dangerous drug ...

****** No.1 on Goodreads List (out of 1,382) "Little Known Authors Worth Reading" ***** The tension starts to mount, even from the prologue as an innocent girl is defiled and killed in front of her dying father by heartless soldiers. The pace does not let up. The plot takes you through the steamy jungles of the Philippines as ruthless men lie, cheat, and bribe their way to the very top. More innocents will die as the evil Senator Consuelo murders and schemes towards the presidential election. The old soldier, Paul, is the only one with any power to stop this desperate man from or becoming the president. Can he survive to thwart to powerful senator's plans or will he too meet his end? Chloe, the beautiful, young, long-suffering wife of Consuelo is left with agonising decisions to make. Can she save her husband? Does she want to? The actions increases apace as Election Day nears, with many twists and turns distracting the ruthless man. After police and army raids, street battles, and daring escapes he eventually wins the election. Or does he? Anyone who has any knowledge of the Philippines will know that the fictional event may not be too far from the truth. But any readers of political or crime thrillers will enjoy the book. This exciting crime/thriller is the first book in the "Asian Intrigue" series*

Imagine an illegally built mini-city taking up only the area of a sports stadium but home to 60,000 people. What was it like living in the most densely populated place on Earth? 22-year-old artist Fiona Hawthorne spent three months inside the notorious Walled City of Kowloon, an apparent no-go area in the heart of Hong Kong. This book reveals the artworks she created there. It is a unique record of a place that no longer exists.

An extraordinary debut novel of love that survives the fires of hell and transcends the boundaries of time. On a burn ward, a man lies between living and dying, so disfigured that no one from his past life would even recognize him. His only comfort comes from imagining various inventive ways to end his misery. Then a woman named Marianne Engel walks into his hospital room, a wild-haired, schizophrenic sculptress on the lam from the psych ward upstairs, who insists that she knows him – that she has known him, in fact, for seven hundred years. She remembers vividly when they met, in another hospital ward at a convent in medieval Germany, when she was a nun and he was a wounded mercenary left to die. If he has forgotten this, he is not to worry: she will prove it to him. And so Marianne Engel begins to tell him their story, carving away his disbelief and slowly drawing him into the orbit and power of a word he'd never uttered: love.

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

The Drift (a Hans Larsson Novel Book 1)

The Gargoyle

Women, Crime and the Courts

A Novel

A Parent's Guide

A Crystal Meth True Story

Former Royal Marines Commando Chris Thrall returned from a year in Hong Kong suffering severe psychosis from crystal meth addiction and PTSD. The medical profession said recovery was unlikely. Chris refused all treatment and his life descended into a chaotic cycle of drug use that almost killed him ... until salvation came in a surprising form.

Adrian Simon, 38, is the son of Warren Fellows, the infamous heroin smuggler who was imprisoned in Bangkwang Prison in Bangkok for 12 years and published the bestselling memoir "The Damage Done". But Adrian wasn't the only one affected by the experience. In his searing autobiography "Milk-Blood," Adrian tells his side of the story; growing up in suburban Australia the son of two unconventional parents, while trying to make sense of his father's terrible decisions and witnessing his mother shunned by society at every turn. Adrian Simon, 38, is the son of Warren Fellows, the infamous heroin smuggler who was imprisoned in Bangkwang Prison in Bangkok for 12 years and published the bestselling memoir "The Damage Done". But Adrian wasn't the only one affected by the experience. In his searing autobiography "Milk-Blood," Adrian tells his side of the story; growing up in suburban Australia the son of two unconventional parents, while trying to make sense of his father's terrible decisions and witnessing his mother shunned by society at every turn.

Chris Thrall set out to run an ultramarathon a day from John O'Groats to Land's End, unsupported and sleeping in a tent by the side of the road. Most said Chris couldn't do it, but to a Royal Marine success is simply a State of Mind ...

Clea Myers, a young English woman, comes to America to live the dream but experiences the nightmare. She goes from an Ivy League College to Los Angeles Women's Penitentiary in 3 years, emaciated and addicted to crystal meth. How could things go so wrong and in such a short space of time? Myers shares her descent into the hell of crystal methamphetamine dependence. Her story is of An English girl from a privileged background whose addiction journey brings her from an Ivy League College to Los Angeles Women's Penitentiary in only three years, emaciated and addicted to crystal meth. Myers description of her rapid demise is a sometimes uncomfortable read, as she holds nothing back. The lights of Hollywood twinkled briefly but, once introduced to crystal meth, she became addicted. Dumpster diving became a regular pastime: grovelling in large rubbish containers, diving for articles of value or fascination to her hugely disturbed mind. She was reduced to an animal existence, surrounded by dangerous and sometimes violent people. Arrested and jailed, she hit rock bottom and was offered a chance to leave LA immediately or stay in the drug offenders Programme. Helped by a family member, she returned to England still unable to stop

completely. Finally, she did get help and discover a recovery path which combined her buddhist faith and reassures her relationship with the 12-step programme. Crystal meth in England has been reported only on the gay club scene. Part of the reason Myers wrote this book is to warn young people of its dangers. This book could be well used as part of a schools drug education programme.' Review from ADDICTION TODAY Magazine

Hong Kong for Kids

The Hungry Brain

A 21st Century Slave to a 19th Century Addiction

Wing Chun Warrior

Farewell, My Colony

America, the Taliban, and the War Through Afghan Eyes

The Daily Show (The Book)

Traces the 1990s collaborative effort between two U.S. agents and a security chief for a notorious Colombian drug cartel to dismantle the organization and bring its leaders to justice, a life-risking venture marked by a race to extract damaging evidence and protect the life of a key witness.

We are not alone. Some call them devils or demons. But they are real. They are down there. And they are waiting for us to find them. In a cave in the Himalayas, a guide discovers a self-mutilated body with a warning: Satan exists. In the Kalahari Desert, a nun unearths evidence of a proto-human species and a deity called Older-than-Old. In Bosnia, something has been feeding upon the dead in a mass grave. So begins mankind's most shocking realization: the underworld is a vast geological labyrinth populated by another race of beings. With all of Hell's precious resources and territories to be won, a global race ensues. Nations, armies, religions, and industries rush to colonize and exploit the subterranean frontier. A scientific expedition is launched westward to explore beneath the Pacific Ocean floor, both to catalog the riches there and to learn how life could develop in the sunless abyss. But in the dark underground, as humanity falls away from them, the scientists and mercenaries find themselves prey not only to the savage creatures, but also to their own treachery, mutiny, and greed. One thing is certain: Miles inside the earth, evil is very much alive.

The story of Duncan Leung ? childhood friend of Bruce Lee, disciple of legendary master Yip Man, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost Hong Kong of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read. When former Navy SEAL Hans Larsson returns to Cape Verde to dive on his sunken yacht, he unwittingly uncovers the island's dark secret, the Trade. As a Concern Special Operative, Hans employs the covert organization's global reach and sophisticated technology to expose a vile chain leading all the way to Washington.

No Good Men Among the Living

The Search for Roubideau in the American Culinary Outback

At the Devil's Table

Never Give in to Fear

A Saga of Race, Civil Rights, and Murder in the Jazz Age

Sophie's World

State of Mind

Chase tries to protect his younger brother Corey, escape from his drug-dealing older brother Cyrus, and put his murderous alter ego behind him when he falls for Bliss, but Cyrus's schemes to keep him on the payroll threaten to destroy his sanity.

On April 14, 1989, in California's idyllic Sonoma Valley, Mexican immigrant Ramón Salcido went on a rampage, killing his wife, her two younger sisters, his mother-in-law, and his wife's suspected lover. Then he slashed the throats of his three young daughters—ages four years, three years, and twenty-two months—and left them for dead in the county dump. A day later, when the children's bodies were finally discovered, three-year-old Carmina was miraculously still alive. "Daddy cut me," she told her rescuers. In *Not Lost Forever*, Carmina Salcido reaches back into her traumatic past to reconstruct, in sobering detail, her father's crimes and their aftermath. Recalling with clear-eyed candor, courage, and grace the horrific event and troubled childhood that followed, a remarkable young woman carries readers along on her miraculous journey of survival, discovery, and hope.

Eating Smoke - One Man's Descent Into Crystal Meth Psychosis in Hong Kong's Triad Heartland Kings Road Publishing

"The Quit Smoking Answer" is structured in such a way that all readers follow a process of "cold turkey" cessation through a step-by-step system to become nicotine free. The system shared is quick, easy, and proven, regardless of a person's dependency on nicotine. If you have ever thought, "wouldn't it be nice to quit smoking" than you've set the mood and you're ready to begin. It's easier to quit nicotine than you think! JW Smith, a smoker for 40 years, wrote this book after ending his vicious cycle of numerous failed attempts to quit. His system for nicotine cessation evolved over a subsequent six-week period of preparation to quit. He shares his story about a conversation with his nine year-old granddaughter that finally set the wheels in motion to find a better way - one that works. JW researched smoking cessation methods and used his own experience to forge a new path. This book may very well be destined to be in a category by itself in the nicotine cessation world of recommendations and advice. Why? Because it works! JW makes the case that smoking cessation is not an event, but rather a process. His book will teach you the key cognitive techniques he used to end both the physical and psychological addictions to nicotine. It debunks myths about nicotine replacement therapy products and instead lays out a natural progression of steps for becoming a nonsmoker. The premise of the book is based on this famous quote; "When you change the way you look at things, the things you look at change." In the beginning of the book it is recommended to establish an environment and path of least resistance. Less resistance to quit is the first key step to becoming

nicotine free. It is recommended that readers continue the use tobacco products including e-cigarettes while reading the book over a two or three day period of time-helping again to establish less resistance to quit. He additionally recommends as a first step that you tell no one of your desire to quit - preventing anyone including yourself of sabotaging your intention. As you apply the techniques and methods written about it becomes a natural procession leading up to your very last cigarette or use of chewing tobacco. A transformation of your thinking takes place and ending your addiction will seem like an "almost non-event" - as something just happens to you as you read this book. You will be physically and mentally prepared to end your addiction after reading this one of a kind book. Free from nicotine for life - and all the great rewards that come with it!

A Guide to Shopping at Hong Kong's Fresh Food Markets

Opium Fiend

How Tobacco Smoke Causes Disease

Chasing Bliss

The Odyssey

The Underdogs

Joseph V Coniglio SKIN SIDE Down

Kwan was sick of feeling second-class to her husband's concubine. Late one humid night, she grabbed the cleaver. Within minutes, three people were dead: the concubine with over 70 gashes. Kwan became the last woman in Hong Kong to suffer the death penalty. Behind the stories of the city's female murderers lie complex webs of jealousies, poverty and despair.

You are here with me now. It's time I take you on a dreamy food adventure. Our trip takes us to the more remote reaches of the American Southwest, and to France and Belgium. But first, I am a man who once sought Roubideau - a ghost town that completely vanished. We will lose our way following a trail of bread crumbs through a maze of sandstone ravines, as iridescent crows hover over our heads. Mountain lions invisible in plain sight will mimic our pace, stalking us step-by-step. - - - The search for any trace of Roubideau became a minor obsession shortly after I moved from buttoned down New England directly to an obscure valley on the high Sonoran desert of the Uncompahgre Plateau in Western Colorado. It was alien to us. We paid in full for the radical change we sought. Uncompahgre is Ute Indian meaning "rocks that make water red." At the time the area was an agritour back drop for my family's brand new livestock, goat cheese and grass fed meat business set on a well kept pioneer farmhouse property with pasture and woods. We lived on a section of the plateau called the California Mesa. And on this, a multi-hectare farm that sat on a sweet, dry, flat, geological rise called a bench. The snow capped views were stunning with no lights of civilization. - - - Roubideau became our handle, the adopted name of the farm and company. By natural extension, 'Roubideau' became synonymous in my search for the collective soul of memorable food. It became my choice metaphor for everything missing in human taste... Each new discovery became a Roubideau Moment. - - - I count food as an engram that appears, disappears and reappears from our memory like a mountain summit in the fog. It's hard to ask yourself, but you know. Somewhere inside, do you remember foods you haven't eaten for eons like baked Clams Casino or the memory of the first mouth watering bite of a real, genuinely sun ripened tomato that was picked deep red and plump right off the vine? (As a child on my parents farm I would take a salt shaker right out into the rows.) Your taste memory cataloged and stored - your moments. I pose the questions. Was all this merely the electrical impulses of the senses, or was it more? I think it's got to go deeper. When was the first time you tasted smoked meat? Was it the first taste of Easter ham or the bacon you were given as a child? Or were your engrams sourcing stored code? Could that first recorded moment reach back to our ancient ancestors who ate over camp fires 40,000 years ago and its all still locked in your genetics? The blessing is your taste catalog. It awaits near infinite sensory playback... Welcome to Skin Side Down, The Search for Roubideau in the American Culinary Outback. I've been keeping food journals since an early age. They're personally important to me, and my story is the way I want to share them with you. Oh, as for, Skin Side Down: when sauteing a piece of fish or duck. You've got a fast moving collection of short stories. - - - In our inevitably short, variable subjective lives, with a shared desire to reacquaint ourselves with great emotional food stuffs, a magic place like Roubideau floated in and out of reality, in and out of my own collective consciousness, in and out anywhere on earth. Like those mountain bends on the road in Midi-Pyrenees France with hidden treasures like perfect trout, tiny goat and sheep cheeses and sips of wine from bottles without labels. In and out of my very own western farmhouse with mud on my boots and glaring dogs at my feet while I made dinner. This novel is about making Roubideau solid

and informative for a little while longer - before it disappears for good in the vanishing world. Joseph V. Coniglio - Ides of March"

An electrifying story of the sensational murder trial that divided a city and ignited the civil rights struggle In 1925, Detroit was a smoky swirl of jazz and speakeasies, assembly lines and fistfights. The advent of automobiles had brought workers from around the globe to compete for manufacturing jobs, and tensions often flared with the KKK in ascendance and violence rising. Ossian Sweet, a proud Negro doctor-grandson of a slave-had made the long climb from the ghetto to a home of his own in a previously all-white neighborhood. Yet just after his arrival, a mob gathered outside his house; suddenly, shots rang out: Sweet, or one of his defenders, had accidentally killed one of the whites threatening their lives and homes. And so it began-a chain of events that brought America's greatest attorney, Clarence Darrow, into the fray and transformed Sweet into a controversial symbol of equality. Historian Kevin Boyle weaves the police investigation and courtroom drama of Sweet's murder trial into an unforgettable tapestry of narrative history that documents the volatile America of the 1920s and movingly re-creates the Sweet family's journey from slavery through the Great Migration to the middle class. Ossian Sweet's story, so richly and poignantly captured here, is an epic tale of one man trapped by the battles of his era's changing times. Arc of Justice is the winner of the 2004 National Book Award for Nonfiction.

As a youth in Saigon's Chinatown of the 1960s and 70s, Paul Au was greatly affected by American "hippie" culture and Rock and Roll. He was smuggled into Hong Kong in 1974 to escape the South Vietnamese military draft. At first living in rooftop squats, he started to trade used vinyl records on the streets of Kowloon, and finally established an underground reputation for his eclectic blend and unending supply of recorded music.

The Happy Little Cigar Book

The Biology and Behavioral Basis for Smoking-attributable Disease : a Report of the Surgeon General

A Novel About the History of Philosophy

Chinese Wet Market Handbook

My Story of Survival

Arc of Justice

On July 1, 1997, the red flag of China was hoisted over Hong Kong - and the untried idea of "one country, two systems" was put into practice. Farewell, My Colony is a real-time journal of the event as journalist Todd Crowell captures a unique moment in history as Britain soldiers through the last months of its colonial rule, China waits restlessly to resume its sovereignty, and Hong Kong buzzes with anticipation. Never Give in to Fear: Laughing all the way up from Rock Bottom, the enhanced edition of this darkly funny, dramatic memoir, describes an emerging stand-up comic's drug-fueled descent into the underworld from human traffickers, homelessness, and ultimate redemption. With brutal honesty, humor, and clarity, the author vividly describes her experiences as she rides her downward spiral: a near-miss with a killer, a series of tragically hilarious misadventures in the California drug world, and a terrifying account of imprisonment at the hands of Japanese organized crime. In an energetic, upbeat, and insightful style, she brings to life a host of quirky characters, anti-heroes, and bungling criminals. This revised and re-edited version contains three additional chapters that introduce readers to enthralling adventures in comedy, resilience and recovery, and elivery an inspiring message about healing, hope, and courage to change -- Publisher's description.

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, 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, exposed 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 J. Michael Butler to current 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, Oprah Winfrey, and Bill Clinton. 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 success as 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 driving 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, 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, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

Have you ever wondered about that wacky-looking fruit staring back at you in the local wet market? Or did you want to know how to cook a particular Chinese vegetable, but dont have the language? This pocket-sized guidebook, designed to be taken out shopping with you, identifies fresh produce commonly found at Hong Kongs food markets. Each item is identified by its romanised Cantonese name with tones, and its name in full-form Chinese characters. The guide explains traditional signage in Chinese characters, including weights and measures, and indicates which items are locally produced. Finally, it describes ten lively Hong Kong wet markets especially worth visiting and provides directions on how to find them. Whether you are a Hong Kong resident who wants to explore the local food scene, lacks the linguistic and culinary know-how, or a tourist who wants to explore the local culinary sights, this handy guide will help you navigate your way around one of the liveliest and most colorful

food scene.

Deadly Election

Eating Smoke

Hong Kong 1841-1941

How a Refugee from the Vietnam War Found Success Selling Vinyl on the Streets of Hong Kong

Outsmarting the Instincts That Make Us Overeat

One Man's Descent Into Crystal Meth Psychosis in Hong Kong's Triad Heartland

The Untold Story of the Insider Who Brought Down the Cali Cartel

A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, The Hungry Brain uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease--yet two thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, The Hungry Brain takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. The Hungry Brain delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

Following three Afghans - a Taliban commander, a US-backed warlord and a housewife trapped in the middle of the fighting - through years of US missteps, this dramatic narrative reveals the workings of America's longest war and the truth behind its prolonged agony. 25,000 first printing.

Chris Thrall left the Royal Marines to find fortune in Hong Kong, but following a bizarre series of jobs he ended up homeless and hooked on Crystal Meth. He began working for the 14K, the city's most notorious crime syndicate, as a nightclub doorman in the Wan Chai red-light district. Heavily in psychosis, he uncovered a huge global conspiracy, made all the more confusing by the 'Foreign Triad' - a secretive expat clique in cahoots with the Chinese mafia. Desperate, addicted and alone in the neon glare of Hong Kong's seedy backstreets, Chris was forced to survive in the world's most unforgiving city, addicted to the world's most dangerous drug. Engaging, honest and full of Chris's irrepressible humour, this remarkable memoir combines gripping storytelling with brooding menace as the Triads begin to cast their shadow over him. The result is a truly psychotic urban nightmare.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

The Alphabet of Vietnam

Not Lost Forever

Tweaking the Dream

Lord of the Flies

Drawing on the Inside

Eating Smoke - One Man's Descent Into Crystal Meth Psychosis in Hong Kong's Triad Heartland

A Novel of the Mexican Revolution

Hong Kong s best selling parents guide is back, completely revised and more comprehensive than ever before, with 70+ outing ideas! Filled with exciting child-friendly activities to do, see and experience, Hong Kong for Kids gives parents and educators all the important information they need to have a successful and stress-free outing with kids. Whether you re a tourist visiting the city for the first time, a seasoned expat, a life-long resident or a teacher planning a school field trip, this book is indispensable. Inside you will find: Detailed outing descriptions Maps Comprehensive public transport directions Driving directions Special programs and tours Chinese translations of addresses Where to get a bite to eat on every outing Contact details for educators Information that is only word-of-mouth So grab your kids and go someplace new and exciting in Hong Kong!

When Joe dies, his brother Jack thinks it's an accident . . . until the parcel arrives with Joe's diaries and notebooks, and the map of the cabin high up in the Appalachians where Joe's war buddy, Wash, is hiding out with a girl he's kidnapped -- just the latest in a long line of girls. Joe has one last favour to

ask of his brother. He wants Jack to rescue the girl and -- if he has to -- kill Wash too. So starts a complex and intense tale that involves a journey back to Vietnam and into the dark past: a past where Clausewitz, the philosopher of war, meets de Sade, the philosopher of man's own individual evil. But there are too the incendiary eyes of innocent judgement. And there is love -- and love is complicated.

NATIONAL BESTSELLER • In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. Her memoir of the next two years is a "poignant, honest ... triumphantly funny ... and heartbreaking story" (The New York Times Book Review). The ward for teenage girls in the McLean psychiatric hospital was as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. Girl, Interrupted is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

'I have success, money, women. I've been lionised by the public and the media. The world is at my feet. I've spread my wings and here I am, soaring above everything and everyone. But in reality, the descent has already begun.' Thomas Dekker was set to become one of pro cycling's superstars. But before long, he found himself sucked in by the lure of hedonistic highs and troubled by the intense pressure to perform. In *The Descent*, Dekker tells his story of hotel room blood bags, shady rendezvous with drug dealers and late-night partying at the Tour de France. This is Dekker's journey from youthful idealism to a sordid path of excess and doping that lays bare cycling's darkest secrets like never before.

Growing Up the Son of a Convicted Drug Trafficker

The Quit Smoking Answer

How I Ran 36 Ultramarathons Back to Back with No Training

Going Commando

Girl, Interrupted

An Artist's Adventure in Kowloon Walled City 1985

Akashic Guidance for Spiritual Transformation

This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

Captain Sam Wyndham and his sidekick Surrender-Not Banerjee return in this prize-winning historical crime series set in 1920s Calcutta. India, 1921. Haunted by his memories of World War I, Captain Sam Wyndham is battling a serious addiction to opium that he must keep secret from his superiors in the Calcutta police force. When Sam is summoned to investigate a grisly murder, he is stunned at the sight of the body: he's seen this before. Last night, in a drug addled haze, he stumbled across a corpse with the same ritualistic injuries. It seems like there's a deranged killer on the loose. Unfortunately for Sam, the corpse was in an opium den—and revealing his presence there could cost him his career. With the aid of his quick-witted Indian Sergeant, Surrender-Not Banerjee, Sam must try to solve the two murders, all the while keeping his personal demons secret, before somebody else turns up dead.

NEW YORK TIMES BESTSELLER A renowned authority on the secret world of opium recounts his descent into ruinous obsession with one of the world's oldest and most seductive drugs, in this harrowing memoir of addiction and recovery. A natural-born collector with a nose for exotic adventure, San Diego-born Steven Martin followed his bliss to Southeast Asia, where he found work as a freelance journalist. While researching an article about the vanishing culture of opium smoking, he was inspired to begin collecting rare nineteenth-century opium-smoking equipment. Over time, he amassed a valuable assortment of exquisite pipes, antique lamps, and other opium-related accessories—and began putting it all to use by smoking an extremely potent form of the drug called chandu. But what started out as recreational use grew into a thirty-pipe-a-day habit that consumed Martin's every waking hour, left him incapable of work, and exacted a frightful physical and financial toll. In passages that will send a chill up the spine of anyone who has ever lived in the shadow of substance abuse, Martin chronicles his efforts to control and then conquer his addiction—from quitting cold turkey to taking "the cure" at a Buddhist monastery in the Thai countryside. At once a powerful personal story and a fascinating historical survey, *Opium Fiend* brims with anecdotes and lore surrounding the drug that some have called the methamphetamine of the nineteenth-century. It recalls the heyday of opium smoking in the United States and

Europe and takes us inside the befogged opium dens of China, Thailand, Vietnam, and Laos. The drug's beguiling effects are described in vivid detail—as are the excruciating pains of withdrawal—and there are intoxicating tales of pipes shared with an eclectic collection of opium aficionados, from Dutch dilettantes to hard-core addicts to world-weary foreign correspondents. A compelling tale of one man's transformation from respected scholar to hapless drug slave, *Opium Fiend* puts us under opium's spell alongside its protagonist, allowing contemporary readers to experience anew the insidious allure of a diabolical vice that the world has all but forgotten. 'TOUGH, TOUCHING... IT'S A RIGHT GOOD READ' - DAILY TELEGRAPH At 16, Mark Time wants to become either a geologist or a Royal Marines Commando. So which does he choose? Despite his love of basalt, he chooses the career that teaches him how to kill... and sh*t in plastic bags. Knowing his weak body will have to shape up to complete thirty weeks of commando training, Mark prepares for the Royal Marines by sleeping in his shed wearing only plastic bags. He braves pain by ordering his mate to attack him while trapped in a sleeping bag. He starves himself in a stupid urban survival exercise, turning down the offer of crispy pancakes from his bewildered mother. He is ready. Some might say for the nut house... Often hilarious and yet shockingly sobering, this is the true story of a boy who joins one of the world's most elite military units with only naivety and incompetence equalling his will to succeed. 'A cover to cover laughathon' - SOLDIER MAGAZINE

Forty Nights

Smoke and Ashes

The True Tales of Wing Chun Kung Fu Master Duncan Leung, Bruce Lee's Fighting Companion

The Descent

Milk-Blood

Paul's Records

Last Days in the Life of British Hong Kong

The greatest novel of the Mexican Revolution, in a brilliant new translation by an award-winning translator The Underdogs is the first great novel about the first great revolution of the twentieth century. Demetrio Macias, a poor, illiterate Indian, must join the rebels to save his family. Courageous and charismatic, he earns a generalship in Pancho Villa's army, only to become discouraged with the cause after it becomes hopelessly factionalized. At once a spare, moving depiction of the limits of political idealism, an authentic representation of Mexico's peasant life, and a timeless portrait of revolution, The Underdogs is an iconic novel of the Latin American experience and a powerful novel about the disillusionment of war.

The Happy Little Cigar Book delivers a big experience. Without resorting to complex ratings, boring history, or dictatorial recommendations this work simply has fun with cigars. Perrin Lovett, a writer, former attorney, and cigar lover examines some cigar myths, proper smoking, and shop selection. He also tells a few short stories sure to warm the heat of any cigar smoker.

Golding's iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a new Suggestions for Further Reading by Jennifer Buehler. At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate. This far from civilization they can do anything they want. Anything. But as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

The first book in the Hans Larsson series - an action-packed thriller centered on a former Navy SEAL and his young daughter in a life raft. "From the shores of Maine to a cannabis farm in Morocco and a production line in Japan, 'The Drift' will have you frantically turning pages and wondering how the hell it will end." Time

The Trade (a Hans Larsson Novel Book 2)