

Release Me

From sorrow to joy, from pain to passion, from darkness to light, Linda Barrett's Release Me, a book of poetry, brings to light the journey of the soul. Her words express the agony that is sometimes seen and felt but not heard, the struggle for reality, the search for the veil through which we can escape. Enhanced by the inspired illustrations of emerging artist Giana Bisceglia, this book lets us know we are not alone in our heartache, in our longing, and in the quest for our voice to be heard.

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can

positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Cal the ultimate badboy player in TAT is about to crawl on his knees and prove to Tayla that he has changed for the better. With all the chaos that the boys of TAT and the women who love them have had to face this year, it may be harder than he ever imagined. When a woman from Cal's past shows up with a shocking secret Cal must decide if he really can ever give Tayla what she needs. Tayla is overwhelmed with the sorrow that has hit this band and that included in the secret relationship she and Cal have been having for three years, will combust with sadness, laughter and a lot of sexual angst like only Mel can write it.

FROM NEW YORK TIMES AND #1 INTERNATIONAL BESTSELLING AUTHOR J. KENNER comes a seventh full-length novel in the fast-paced saga that began with Release Me, Claim Me, Complete Me, and Anchor Me. It was supposed to be a new beginning for billionaire Damien Stark, his wife Nikki, and

their family... I thought I knew everything about my beloved husband, Damien Stark. In our years together, I'd heard all the rumors, faced all the dark secrets, and survived the danger that comes hand-in-hand with loving a powerful magnate like Damien. After all we've been through, I believed we were finally free of the past, of the darkness, ready to move into the light of our future together. As we stand ready to renew our vows in front of our friends and family and move on to the next chapter of our life together, I am giddy with joy and love. I am unprepared for the devastation that steals my happiness and threatens our future in ways I never imagined. Given our past, I should have expected it. But how could I when Damien didn't either? This man has come from nowhere, and he says he's Damien's son. Everything is chaos, Damien is wrecked, and I don't know where to turn. The worst part? I think I believe him. And he has promised to destroy everything we love. This sexy, edgy and sensually charged romance continues the story of Damien and Nikki Stark. Don't miss the final, full-length novel in this bestselling romantic saga: The Stark Saga (full-length

novels) Release Me Claim Me Complete Me Anchor Me Lost With Me Damien Enchant Me Stark Ever After (novellas) Take Me Have Me Play My Game Seduce Me Unwrap Me Deepest Kiss Entice Me Hold Me Please Me Indulge Me Delight Me Cherish Me Visit JK's website for full reading order with spin-off stories!

I Just Need You

A Baseball Odyssey

Release Me, O Lord Jesus

The Book on Internal STRESS Release

From the Sixteenth to the Nineteenth Century

OPRAH'S BOOK CLUB PICK • A HARPERS BAZAAR BEST BOOK OF 2022 • A PARADE MOST ANTICIPATED BOOK • A MARIE CLAIRE MOST ANTICIPATED

BOOK "It's clear from the first page that Davis is going to serve a more intimate, unpolished account than is typical of the average (often ghost-written) celebrity memoir; Finding Me reads like Davis is sitting you down for a one-on-one conversation about her life, warts and all."—USA Today "[A] fulfilling narrative of struggle and success....Her gorgeous storytelling will inspire anyone wishing to shed old labels."—Los Angeles Times In my book, you will meet a little girl named

Viola who ran from her past until she made a life-changing decision to stop running forever. This is my story, from a crumbling apartment in Central Falls, Rhode Island, to the stage in New York City, and beyond. This is the path I took to finding my purpose but also my voice in a world that didn't always see me. As I wrote *Finding Me*, my eyes were open to the truth of how our stories are often not given close examination. We are forced to reinvent them to fit into a crazy, competitive, judgmental world. So I wrote this for anyone running through life untethered, desperate and clawing their way through murky memories, trying to get to some form of self-love. For anyone who needs reminding that a life worth living can only be born from radical honesty and the courage to shed facades and be . . . you. *Finding Me* is a deep reflection, a promise, and a love letter of sorts to self. My hope is that my story will inspire you to light up your own life with creative expression and rediscover who you were before the world put a label on you.

In *I'm the Silent One*, Mae Francis Miller Guthrie shares her heartfelt poetry, expressing love and pain.

In the year 1464, the Kingdom is engulfed by civil war as the renowned houses of Lancaster and York fight to the death for the crown of England. Richard, Duke of Gloucester, the future Richard III, arrives, aged twelve, for the safety of Middleham Castle to begin his training for knighthood. His new companions discover he can change from kindness to cold rage within the wink of an eye. Men, it was said,

watched him with wary eyes, for they knew when the young pup found his teeth, he would make a dangerous enemy. Far in the north, Margaret of Anjou, warrior Queen to Henry VI, prepares to fight against the advancing armies of Edward IV. Why does she abandon her husband, and flee to France vowing never to return? Who blackmails her, seven years later, to join forces with her most hated enemy, to return and fight once again for the crown of England? King Edward IV, tall, handsome, and clever, is a brilliant warrior, whose Achilles' heel is women; he loves them all. What dark forces drive him into a secret marriage that rips his kingdom apart? He is forced to fight Louis XI of France, and the mighty Earl of Warwick, not only for his crown but also his life. From the courts of Edward IV, Louis XI, and Margaret of Anjou, comes intrigue, betrayal, witchcraft, and love. *The Dreams of Kings* weaves plots and characters together to make a roller-coaster read of the period they call the WAR of the ROSES.

This is not a game . . . this is life! From the day she discovered she had a voice that could touch millions, Olivia Longott put in long, hard hours in the studio, trying to achieve her dreams of R&B superstardom. With such royal talents, she fully deserved the title she was given as First Lady of J, the legendary Clive Davis's label, and then First Lady of G-Unit, when she landed a second deal with G Unit/Interscope Records. Olivia quickly made it clear that she is nobody's number two. With dual recording deals in hand, Olivia thought her dream had

manifested—until she left both labels in what felt like a nightmare. Being the fighter her daddy taught her to be, Olivia would not let these challenges hold her back from the industry. Instead, she used the experiences as a setup for something new. The world saw her jump back into the ring swinging on the Love & Hip Hop reality show. Sometimes, though, reality isn't always what it seems. That's why Olivia has taken the time to sit down and pen what it truly is. During her unfolding journey in the music industry, Olivia has seen, heard, and experienced a lot. Now it's time to bring you into her world.

Release Me!

My Life, My Words

Love and Grace

The Dreams of Kings

Release Me Into the Midnight Sky

The first in an irresistible, erotic, emotionally charged romance trilogy for fans of Fifty Shades of Grey and Bared To You of a powerful man who's never heard 'no', a fiery woman who says 'yes' on her own terms and an unforgettable indecent proposal... He was the one man I couldn't avoid. And the one man I couldn't resist. Damien Stark could have his way with any woman. He was sexy, confident, and commanding: anything he wanted, he got. And what he wanted was me. Our attraction was unmistakable, almost beyond control, but as much as I ached to be his, I feared the

pressures of his demands. Submitting to Damien meant I had to bare the darkest truth about my past - and risk breaking us apart. But Damien was haunted, too. And as our passion came to obsess us both, his secrets threatened to destroy him - and us - for ever. Damien and Nikki's breathtakingly seductive romance continues in Claim Me and Complete Me out now.

The former rapper and star of the reality television program "Love and Hip Hop" describes her life as the "First Lady" of two rap labels and her time on the air. God loves us and has a plan for us. Every human being is a part in that plan. There is opposition in all things, and overcoming trials is one of the most important lessons we can learn. It took me a long time to figure this out and I am grateful for what I have learned. But those lessons did not come without a price. In this little book, I will humbly share some of what I have learned.

A tragic accident. A hidden past. An unbreakable love. Never goodbye ... I thought Addy stole my soul. Her beauty blinded me. Her heart called to me. Her touch healed me. She gave everything and asked for nothing. Then I broke her. The depths of her pain were veiled by the reflection of my own. I didn't deserve her, but I wanted her--I needed her. In my darkest hell, I heard her voice. That's when I knew ... Addy was my soul. Deep breath ... I am peaceful, I am strong. Quinn was worth the risk. He took away the numbness and gave me unfathomable pleasure. Every emotion felt magnified, every moment felt like the last. My heart found purpose. My body came to

life. My soul returned. His weakness gave me strength, and his past held my future. He saved me by ... releasing me.

Letting Go of Negative Energy

Breaking The Yoke of Martial Delay

Duff Coven: Book 1

Science and Me

Enchant Me

Katie is a nurse at a psychiatric hospital and is haunted by a former patient.

A young, vital woman is diagnosed with cancer, and after a prolonged battle that leaves her with a number of unresolved issues and an inability to accept her own mortality, her body passes. Her spirit, however, has other ideas. For over a year, she clings to this mortal world, hanging on tight to the sister she loves, invading her room at night and refusing to move. Release me is the true story of that sister's experiences: her childhood and family relationships, the bond she shared with her sister, both before and during her illness, and the confusing and conflicting time spent in her sister's company after her passing. Seeking knowledge and guidance in her late father's example, and from the books he left in her care, she struggles to come to grips with what needs to be done, for her own spiritual growth and for that of her beloved sister.

"Me and E: A Baseball Odyssey is a reflection on parenting a highly skilled, nationally-ranked and difficult baseball prodigy, told through the author's eyes as he witnessed and participated in the journey.

the successes and failures of his son playing baseball and growing up in Central Florida deals with the changing world of competitive youth sports, over-involved parents, fanatic coaches, the hypocrisies inherent in high school athletics, the college recruiting process, how we teach our kids to grow up and become decent human beings - despite ourselves - involves well-known sports figures as well as local sports icons with traits and characteristics that everyone will recognize. It's a book about flawed parenting, about living vicariously through a gifted child and learning, finally, that being a good father is as much about listening as it is about being there. Call it Moneyball meets Everything I Know I Learned in Kindergarten.

Callie Kane grew up feeling more than a little lost. Despite all the people who loved her, how happy they made her, she just couldn't shake the feeling of a slight emptiness inside. Sometimes she could hardly recognize herself in the mirror. She felt a bit like a ghost, and Callie knew that that was something she needed to fix; unfortunately, there was only one way. Callie had to go and come to terms with why she had become like this and meet the person who stared back at her in the mirror everytime she felt particularly lost.

A Deliciously Selfish Take on Life

I Am a Work in Progress

Get Powerful Health and Nutritional Secrets

I'm the Silent One

The Book of English Songs

Art Hilmo was a teenage boy in Norway when the Nazis invaded and began to take the Jewish families to concentration camps. Knowing their lives were at stake, Art's family decided they would risk everything to help these poor Jewish people.

Kresley Studying abroad was my chance to gain independence away from my privileged life in California. But, when there's a kidnapping attempt on my life, I'm forced to return home to finish college. I just never expected to get stuck with a pompous, know-it-all bodyguard who watches my every move with nothing but disdain. One whose good looks don't soften the cold, impenetrable wall he wears like armor. Tristan I pride myself on being a professional and taking my job as a bodyguard seriously. But, nothing could prepare me for the high maintenance, rich girl I'm hired to protect. She's got a smart mouth, is hell-bent on pushing my buttons, and doesn't take the threats against her seriously. And despite the nightmares that plague her dreams, or the fact that I'm the only one who knows about them, I'm not there to befriend her. I'm there to protect her...no matter how much she intrigues me. Jabs will be exchanged, glares will become the norm, jealousy will rear its ugly head, and sparks...well those damn things will inevitably fly. But will it all come with a dangerous price?

For every successful design project, there are dozens that never see the light of day not because they were not good enough, but simply because they were not right for the client. 'Release Me!' is an illustrated volume that brings together some of the most innovative and exciting design projects that never made the

grade.

Energy never dies, it only transforms. Writing what you feel takes that energy out of you and places it on the paper. This journal contains 100 pages that will allow you to write down any past or present hurts, pains, resentments, anxieties, or fears, so you can begin to heal. After writing you can choose to keep it or rip it out and dispose of it. You may need to write some situations more than once for it to be removed, just remember to acknowledge it and let it go with love.

The Courageous Story of Art Hilmo

Exhaling Life Changing Poems

Me First

What's Your Green Goldfish?

Have you been between a rock and a hard place? "Release Me" will help you.

Characters in Gearline Young's book illustrate situations causing people to be stressed with gut feeling pain.

What's Your Green Goldfish is based on the simple premise that employees are the key drivers of customer experience and that "Happy Employees Create Happy Customers." The book focuses on 15 different ways to drive employee engagement and reinforce a strong corporate culture. It's the second book in the goldfish trilogy. The first book was an Amazon Best Seller entitled, What's Your Purple Goldfish. Purple focused on customers, whereby Green focuses on employees. Both books are based on a revolutionary new approach called marketing g.l.u.e. (marketing by giving little unexpected extras). The book is based on the findings of the Green Goldfish Project, an

effort which crowd sourced 1,001 examples of signature added value for employees. Key themes emerged from the Project. The book is filled with over 200 examples. PRAISE FOR WHAT'S YOUR GREEN GOLDFISH "Stan is the sherpa that guides executives along the journey between the heart and mind of business stakeholders. Stakeholders aren't always customers though. At a time when company vision and culture matters more than ever, it takes inspired and engaged employees to bring them to life." - Brian Solis, author of What's the Future of Business #WTF, The End of Business as Usual and Engage "So often overlooked, and so very vital to building company value... empowering employees to support each other and the brand. Stan Phelps 'gets' it and Green Goldfish will walk you step-by-step though achieving this critical goal." - Ted Rubin, author of Return on Relationship "Great customer centric organizations only exist because of engaged and empowered employees. The Green Goldfish is packed with awesome examples of what world class companies are doing today to inspire and reward their employees. If you see value in truly building an "A Team," Green Goldfish will be, without question, your single best reference." - Chris Zane, Founder and President of Zane's Cycles, author of Reinventing the Wheel, the Science of Creating Lifetime Customers "Stan Phelps takes customer service to a whole new level by focusing on EMPLOYEE service, and how to do well by your employees - so they take care of your customers. Packed with stories, insights and R.U.L.E.S. any company can follow, this book is a must-read for managers of companies of all shapes and sizes who know that employees don't leave jobs - they leave managers, especially when they don't feel your love and appreciation. Pick this up, and start engaging your

team and making more GREEN - Phil Gerbyshak, author of The Naked Truth of Social Media "Our large-scale research shows unequivocally that engaged employees are more likely to work longer, try harder, make more suggestions for improvement, recruit others to join their company, and go out of their way to help customers. They even take less sick time. Companies can tap into the enormous value of engaged employees by following the 15 ideas that Stan lays out in this book." - Bruce Temkin, author of The Six Laws of Customer Experience "Too often, the actual employment experience delivered on the job does not measure up to the version sold to job candidates during the interview process. In What's Your Green Goldfish, Stan Phelps offers 15 ways to close the gap." - Steve Curtin, author of Delight Your Customers: 7 Simple Ways to Raise Your Customer Service from Ordinary to Extraordinary (AMACOM, June 2013) "In What's Your Green Goldfish, Stan Phelps brilliantly applies the idea of 'doing a little something extra' for employees. You know, those people that actually get the work done and keep customers happy. Read it, put some of the ideas to work, and soon you'll be reaping more 'green' from your customers." - Bob Thompson, Founder and CEO, CustomerThink Corp.

The battle against marital delay is one that requires that you fight with all your might. You must launch into this battle with faith. Today many christians are getting married very late. The problem of late marriage and arrested marriage is real! Many are under the satanic yoke of marital delay! As you read this book and take the prayer points included, may the God of Elijah visit you with amazing testimonies!

Callum - Long gone are the days of war, when I raised my sword and fought alongside

my people, against wicked, greedy souls of our vampire kind. We were victorious over those who stood against us, and King Felipe took his rightful spot on the throne. He appointed a Coven Master for each region to watch over, guide, and protect our people. He named me Coven Master of my hometown of Beckenridge, Scotland because of my strength, instincts, and fairness. Our village is made up of stone cottages we built ourselves, and is nestled between scenic heathered hills. It holds many businesses where my coven members work and thrive. We're happy and safe here, and for over a century, we've lived at peace. That all changed two days ago when my coven held a Highland Games exhibition to celebrate Prince Dante's visit and the bonding of two of my security guards, Flynn and Fletcher. Crowds gathered from all around to watch the events, adding excitement, energy, and unfortunately, danger into the mix. A gunman fired a shot at Ben, the prince's consort, but his bodyguard Sam pushed him to safety and took the bullet. In the chaos of the moment, I was caught off guard by something I'd waited half a millennium for; the faint, sweet scent of my mate. Somewhere in the screaming, rushing crowd was the man whom Fate granted to me to love, cherish and protect for all of eternity. Unfortunately, I couldn't search for him; my friends' lives were hanging in the balance and I had to get them to safety. Luckily, everyone survived the ordeal, but all traces of my mate vanished in the wind. I hate the gunman for everything he took from me, and it's for that reason I've put off interrogating him; I'm afraid I can't be fair and unbiased when I hear his side of the story. But I know I can't put it off any longer; I need to get answers for Dante and Sam. When I finally step into the shooter's prison cell, I'm met with the sight of a small man cowering in the corner...and the

overwhelming scent of my mate. *This book is the first in a spinoff series following "The Javier Coven", and I strongly recommend reading those books before beginning this story. This M/M paranormal romance is for readers 18 and up! It contains no cliffhangers or cheating, and has a very happy HEA. It features steamy scenes between a sexy vampire and his fated mate, loads of teeth tingling sweetness, and just a touch of gore.

God in Stereo

A Memoir

Me and E

A Laboratory Tools Coloring Book

Damien: A Stark Novel

From New York Times and USA Today bestselling author J. Kenner comes a new story in her Stark series... I am Damien Stark. From the outside, I have a perfect life. A billionaire with a beautiful family. But if you could see inside my head, you'd know I'm as f-ed up as a person can be. Now more than ever. I'm driven, relentless, and successful, but all of that means nothing without my wife and daughters. They're my entire world, and I failed them. Now I can barely look at them without drowning in an abyss of self-recrimination. Only one thing keeps me sane—losing myself in my wife's silken caresses where I can pour all my pain into the one thing I know I can give her. Pleasure. But the threats against my family are real, and I won't let anything happen to them ever again. I'll do whatever it takes to keep them safe—pay any price, embrace any darkness. They are mine. I am Damien Stark. Do you want to see inside my head? Careful what you wish for.

Release Me is a book written from the perspective of a mother (rather than as an educator) over the course of the ten-year drug addiction of her older son, Tyler, and prior to his accidental heroin/Xanax death on 1-30-14. The book consists of a series of letters that Vicky writes to Tyler as well as some to her younger son, Seth, in response to the events that occurred as a result of Tylers drug usage. Tyler was an artist from a very early age (around three), and so the book consists of several letters written by him, his drawings that depict how he felt, including being guilt-ridden and shamed, as well as some photographs. The book also includes some letters written by teachers and camp kids (to whom Tyler was a counselor) with the hope that readers will understand that this deceased young man was a lot more than just an addict. He was an artist who thought and cared deeply for others and was intelligent, creative, and sensitive. He was also tortured and crippled mentally, emotionally, and physically by his depression and anxiety, which led to his self-medication and, ultimately, his addiction and death. Vickys passion in life is to help other children/families as a teacher and school psychologist, so her letters describe her feelings about Tyler bringing the dark world into the family as well as her inability to fix Tyler and his problems. One of the other important points about Release Me is that Tyler came from a good family with two working parents who care deeply about him and his brother. Addiction, particularly opiate addiction, impacts people of all ages and in any socioeconomic and educational level. Vicky is attempting, by writing this book, to help other people/families with addiction. Letting you in my heart. Allowing you to feel what I was feeling or felt. Expressing my feelings and emotions sincerely. Leaving nothing to the imagination or in question. Giving it to you straight without compromise. A soulful collection of poems! Written to entice your intellect, change your mood, and heal your brokenness.

What are these laboratory tools and how do you use them? Fuel your little scientist's imagination by using coloring to introduce the concept of a laboratory. Coloring is an activity that comes with many benefits, including the development of motor skills, the stimulation of creativity and the improvement of hand and eye coordination, too. Grab a copy now!

Beyond Dollars: 15 Ways to Drive Employee Engagement and Reinforce Culture

A Soulful and Spiritual Collection of Poems Devoted to Growth, Healing, and Peace

Finding Me

Release Me Back to the Sea

Releasing Me

The second in the “seriously sexy and sinfully steamy”* Chasing Fire series, about a pain too deep to forgive and a passion too hot to forget... Alessandra Sinclair knows that Hudson Chase is the last man she should want. The boy from the wrong side of the tracks has grown into a man who would do anything to get ahead, even if it means breaking Allie’s heart. But whenever she’s near him, the attraction between them is undeniable. And now that they’re working together, keeping her distance from Hudson is almost as impossible as keeping her feelings in check... Hudson already lost Allie once and he refuses to lose her again. He’s determined to use their new business partnership to rekindle the spark he knows is still there. Only the closer he gets to

winning her over, the clearer it becomes there are still secrets that could tear them apart for good... Praise for Remind Me "An exceptional debut...Can't wait for more from this writing duo!"—*Tara Sue Me, New York Times Bestselling Author of The Submissive

It's hard to let go . . . When it feels so good to give inAlessandra Sinclair knows that Hudson Chase is the last man she should want. The boy from the wrong side of the tracks has grown into a man who would do anything to get ahead, even if it means breaking Allie's heart. But whenever she's near him, the attraction between them is undeniable. And now that they're working together, keeping her distance from Hudson is almost as impossible as keeping her feelings in checkHudson already lost Allie once and he refuses to lose her again. He's determined to use their new business partnership to rekindle the spark he knows is still there. Only the closer he gets to winning her over, the clearer it becomes there are still secrets that could tear them apart for good" . . . remarkable, bold, resilient characters . . . their every interaction tense, alluring and wonderfully steamy." RT Book Reviews Magazine on

Read PDF Release Me

Release Me

When billionaire Damien Starck makes her an offer she cannot refuse, Nikki Fairchild discovers that this notorious bad boy has a hidden side, and as passion threatens to consume them, a secret from his past could tear them apart.

One week is all we were supposed to share. One week as strangers. All the things you did differently irked me. I thought it meant we couldn't get along, that there was no chance we'd work out. But when it came time for me to leave, you know what I figured out? You were my echo. My call back. And damn it if I didn't find home in the end.

The Stark Trilogy: Release Me, Claim Me, Complete Me

A Secret Journey

Echoes in the Storm

Previously Unreleased Projects

Overcoming Me

It began with an irresistible indecent proposal... From international bestseller J. Kenner, comes the million-copy selling Stark trilogy in a collection for the first time: Release Me, Claim Me and Complete Me. For fans of Fifty Shades of Grey, Sylvia Day, Meredith Wild and Jodi Ellen

Malpas. He was the one man I couldn't avoid. And the one man I couldn't resist. Damien Stark could have his way with any woman. He was sexy, confident, and commanding: anything he wanted, he got. And what he wanted was me. Our attraction was unmistakable, almost beyond control, but as much as I ached to be his, I feared the pressures of his demands. Submitting to Damien meant I had to bare the darkest truth about my past - and risk breaking us apart. But Damien was haunted, too. And as our passion came to obsess us both, his secrets threatened to destroy him - and us. Forever. For more spellbinding romance and electrifying passion, don't miss J. Kenner's other sensational series: Most Wanted, Stark International and the S. I. N. series as well as the Stark novellas.

Release MeHeadline Publishing Group

After he is injured in a car accident, NBA star Toby Holmes must turn to his next love—music—and a childhood friend who will reopen his eyes to the excitement life and love have to offer.

Have you ever thought about what your life would be like if it revolved around you? Me First: A Deliciously Selfish Take on Life is an unapologetic and hilarious perspective on what it takes to get to the top and to live life on your own terms. Before making any big decision such as

getting into a relationship or choosing a career path-you will start with the most important question: What do I want? The second question you will ask is: How does this decision, action, or choice benefit me directly? If it's not what you want or does not benefit you directly, don't do it. At the heart of Me First is the belief that YOU deserve to be happy and fulfilled. Its "Delish-isms" will show you how to become the number one priority in your life and become smarter and more strategic about your relationships, career, health, and finances. Every chapter also contains "Kick Starters" to help you get moving in the right direction. How selfish, right? Absolutely! A deliciously selfish life means taking a step back from the craziness to figure out who you are and what you want, and once you do, to own it. Because the only person holding you back from getting what you want is you.

Release Me